

Lambda

Laurentian University's Bilingual Student Newspaper
Le journal étudiant bilingue de l'Université Laurentienne
Volume 37 - Issue 21/Numéro 21

"I had no idea of the cruelty of animal agriculture and the atrocities committed against the creatures I love. I no longer wanted to associate myself with the circle of violence that turns live animals into dinner entrées."

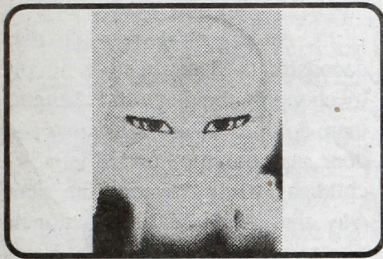
-Jack Dangers
Meat Beat Manifesto

lambdapub@hotmail.com



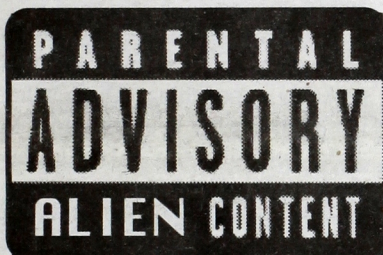
Racism and
self-government

Page 3



Une visite...
étrange

Page 13



The True Face of
Conspiracy
Pages 14 & 15



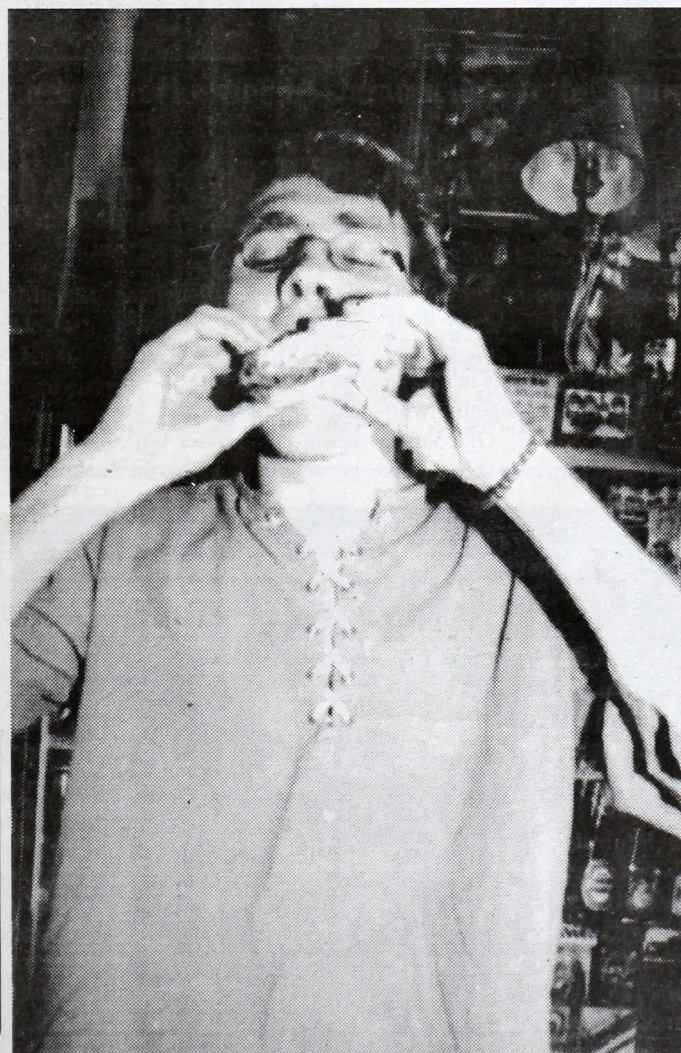
More
Basketball
Pages 28 - 24

Index

Arts	2
News	3 & 7
Editorial	4
Opinion	5, 6
Features	8-10
Franco-Lambda	12-13
Entertainment	14-21
Sports	28-22



Alternative Eating: A Diet for the 21st Century



SENSUAL MEDITATIONS AND GRAVITY BEAMS SINCE 1961

The Compleat Works of Wllm Shkspr in the Contemporary Context



Ctch It Bfre It's Gne! The Sudbury Theatre Centre will be presenting *The Compleat Works of Wllm Shkspr* (abridged) until March 28. The play presents all 37 of the bard's plays in about 97 minutes. Curtain time is 8 pm. Reserve your tickets now by calling the STC box office at 674-8381. (Above: Keith Jones, Raul Tomè and Larry Yachimec mock Hamlet)

by Dylan Callens
News Editor

By now everyone's heard that *The Compleat Works of Wllm Shkspr* is better than bad, it's good. Actually, it's great. Due to the timing of the play and the timing of *Lambda's* publishing schedule, it's late to do any sort of review. Instead let's make this interesting and talk about the play and the usefulness of it as a study in the contemporary context. In the play, Tomè mentions (perhaps in jest) that the play is done to compete with things like talk shows, which make old William not much competition against the media giants. Actually

this point is mentioned twice, in different ways, that the desire to bring Shakespeare into the twentieth century was a goal. The fact that this is brought up twice makes me think that it isn't an accident, or something slipped in as a joke.

Even if it was meant as a joke, we can actually look at the play in this light. First and foremost, I think we should look at the type of comedy used in contrast to Shakespeare's own comedy. Only when done creatively and really well does any Shakespeare play seem funny to the modern viewer. In the case of Valerie Senyk's *A Midsummer Night's Dream*, we did get a sense that the play was funny and this is because of Senyk's added direction, not because I think Shakespeare is funny.

However, here we saw a dif-

ferent kind of comedy from that. There is slap-stick, sarcasm, (sometimes) skepticism, cynicism and even the dreaded "low" comedy, such as the use of bodily functions for humour. In this case, even the bodily functions seemed to work. In Shakespeare, due to language barriers, we sometimes must know the context of the words to get the humour. If one is reading Shakespeare and not watching it performed, it is often easy to miss some of the comedy. In the play, we see the actors playing off this fact and they take it in a new direction.

Although slap-stick humour generally seems to be going out the door, being replaced with sarcastic and cynical comedy (found in stuff like Dennis Leary), slap-stick is still very much a part of twentieth century humour. As such, it is appropriate that there was some of it in the play.

This is when you have to start questioning if this should be done with Shakespearean theatre. Should someone be able to tear it into little pieces and paste them together with outrageous intentions? Of course, freedom of speech laws deem this

appropriate, but should a theatre put it into its schedule? Is this type of humour appropriate? You have to keep in mind that it brings Shakespeare down to a far lesser level.

There are several ways to answer this question, but I'm going to give two responses: yes and no. First, to answer the "no", we shouldn't be destroying Shakespeare for good belly laughs. It makes the meaning of Shakespeare's plays diminish. *Hamlet* was reduced to a quick killing and a big scream, *Othello* turned into a rap song, and *Romeo and Juliet* was... I don't even know. From the play we wouldn't really get to know the meanings in the plays which is something that can be brought out in more appropriate ways.

Then on the "yes" side, we have to look at the contemporary situation. What we are learning isn't about Shakespeare, but rather, something about our society in the twentieth century. The types of humour devices have changed slightly since Shakespeare. Look in more recent literature, we've gone from the Victorian Age, where in literature you can't say anything directly to today where if you don't speak your mind you are deemed a "sheep". The play seems to put focus on this fact and tears into Shakespeare in an ass-shaking way. Whereas Shakespeare uses peripeteia, the reversal of fortune, for irony, tragedy, and humour, we have replaced this with other things. The play uses many of these devices, such as sarcasm to appeal to what we know. Generally, the trend seems to be that we step back, look at a situation and make fun of it. Hence, *The Compleat Works of Wllm Shkspr*.

There is a second element, other than the comedy that makes this play really quite amazing. Whether or not the writers intended the play to be a Derridaist deconstructive reading of Shakespeare or not has no real relevance because that's what the play's philosophy ends up being. While some hold the belief that Shakespeare is stale (with the odd attempt to turn Shakespeare into some glorified Hollywood tragic story - blah!), and that there is little relevance to our society, the play really pushes in a different direction. We see that Shakespeare done in different ways is actually very contemporary, while the audience is transformed into a state of being in an older time. I say this because the way that the Shakespear-

ean lines are acted out makes the language very clear. Suddenly we have a different understanding of old modern English that we once did not have. We understand Shakespearean language, perhaps not the way Shakespeare meant it, when we didn't even know we could come to terms with it.

As it turns out, we have a closer connection with Shakespeare's plays than before because the actors managed to bring the plays down from the traditionally held view: in a contemporary setting the plays seem lofty. They are presented in a way that is probably closer to how a Shakespearean audience would react to one of his comedies. Whenever we see a Shakespearean comedy we laugh some and chuckle a bit at the situations, we don't get the deep belly laughs. In this play we do.

Another way that the play deconstructs Shakespeare is simply by chopping the plays and changing them around. *Titus Andronicus* was done as a cooking show; Juliet was a childish little girl (much the same way that Anne-Marie Macdonald portrays her in *Good Night Desdemona*, *Good Morning Juliet*, except without the sexual undertones); *Hamlet* was a comedy done at lightning speed, and even backwards; all the comedies were put together in a very unusual manuscript, and so on.

If you're not looking for the philosophy you'll miss it, which is probably a good thing. The fact that it's hidden really helps the story to move along smoothly. Actually, this kind of philosophy comes in many movies, including most parodies. This is an important twentieth century movement and I'm glad that it was covered so well in the play, far more effectively than Hollywood has been able to.

In conclusion, the play was extremely funny. It's what the actors and writers are after, first and foremost. The type of humour and the nature that the plays are presented, however, suggest something far more cerebral which is worth an examination far more in-depth than what I could possibly provide here, or any essay for that matter. Derrida started this kind of movement in the seventies and has only been explored recently in theatres and cinemas.

The play's humour and philosophy work together to show us a new way of understanding Shakespearean plays. If you are looking to see how true to the plays they are, this certainly isn't the right thing. It's perhaps a downfall of the play. However, when you start looking at social context, the message is relevant: the types of humour devices today are far different. To stand back and heckle something is a modern form of comedy which thrusts the play forward.

The Compleat Works of Wllm Shkspr is playing at the Sudbury Theatre Centre until March 28. The play was written by Adam Long, Daniel Singer, Jess Winfield and stars Keith Jones, Raul Tome, and Larry Yachimec. 37 plays in 97 minutes - "May the Bard forgive us."



travelcuts.com

We're Having a Party & you're invited...

So drop by your nearest Travel CUTS office and enter to win great trips all over the world!



TRAVEL CUTS
Plugged-in to Student Travel
Since 1969

A LOT HAS CHANGED IN 30 YEARS,
But we're still Canada's original
student travel specialist.

New Student Centre SCE - 234, 673-1401
Owned and operated by the Canadian Federation of Students

Fontaine: The Storyteller of Native Self Government

by Dylan Callens
News Editor

"We must become the storytellers," Phil Fontaine, National Chief of the Assembly of First Nations, told an attentive audience in the Fraser Auditorium on Tuesday March 9.

Every native leader that has come to Sudbury since September would undoubtedly agree with Fontaine, as they each have their stories that they share. Fontaine's main story demonstrated the need to become storytellers, as he talked about a group of Ojibwa migrating: some went north, some went south, eventually settling in Mexico.

Over time, historians forgot about this migration as it was never recorded. Mr. Fontaine, after talking to some elders, learned why there was a striking resemblance in language and traditions between the Mexican tribe and American Ojibwa. It turned out that they had the same roots, which would have been forgotten if not for their oral tradition. This is a tradition that Mr. Fontaine would like to see kept alive, which leads to the main thrust of his argument.

Mr. Fontaine's speech dealt mostly with racism, the right to self-government, and how the two are intertwined. Racism is a direct result of ignorance, which breeds fear and racism. By communicating and having closer ties with the Canadian Government, Fontaine wishes to see more understanding result between Natives and government, thereby eliminating ignorance, which he believes will, in turn, eliminate racism.

Mr. Fontaine also spoke on

the issue of self-government. The Canadian Government has taken on the responsibility of governing Natives and have failed. This is demonstrated by the poor conditions on reservations and poor health of First Nations Peoples. For example, according to Fontaine, twenty-five thousand units are needed just to catch up to current needs, never mind the twenty thousand units that need minor and/or major repair. As well, natives suffer more physical and mental health problems than the Canadian average. Disease runs rampant, diabetes is a serious problem, as well as extremely high unemployment and suicide rates.

While the government continues to neglect the Aboriginal right to self-government, Mr. Fontaine noted that it is "clear to us that the answer lies in the ability to govern ourselves."

He blames the government's neglect on racism. It's the same with the Meech Lake Accord, where "seven white men in suits make up decisions that effect all of us". And the government gets away with it by calling these affairs "administrative" and not "constitutional", which means they can make decisions internally, without reference to Native interests.

Another issue that must be faced in order for Natives to become independent is that treaties must be respected. "[Treaties] are about peaceful co-existence," commented Fontaine. This will lead to a secure position, first between Natives and government and eventually by government (First Nations) and govern-

ment (Canadian).

The Canadian Government at the time, however, refuses to deal with this. They are unwilling to share the power: it poses a threat to their judicial control. They avoid talking about these real issues by saying that natives are not ready for self-government. The government even goes further by saying that First Nations Peoples discriminate amongst themselves and are not ready for self-government.

This is, in part, why the government is being racist towards Natives. Fontaine says that we need to take the time to "sensitize" ourselves with his people. This will eliminate fear and racism. This can only be done over a period of time as we familiarize ourselves with Natives and the Native situation.

Fontaine also went on to say that "it's criminal and immoral to deny us our rights," and that "we've been ready [for self-government] since the day we got here". Indeed, Natives did once have that right to self-government which was taken away from them when Europeans settled. As well, land as a commodity has become very valuable to Canadians, all of which the Natives lived on. Now Natives possess less than one per cent of the land, which is hardly reasonable.

Of course, some people will read this and figure it's just more Indians bitching about needless things. At this point, you should realize that you might be racist. If that's the case, maybe you should get a job in politics. You'll fit right in.

Counselling Isn't Just for the Psychotic!

The purpose of this announcement is two-fold.

The first is to let you know, well in advance, that all full-time students who intend to return to Laurentian next September will be required to Advance Register during the period mid-July to mid-August.

Secondly, in order to ensure that your Advance Registration goes

as smoothly as possible, Senate has designated the period March 22 - April 1, 1999 for Advance Registration Counselling.

You should make an appointment now to meet with your Academic Advisor during the counseling period. Your Advisor will assist you in selecting courses for next year, resolving problems you might have in meeting degree requirements, and suggesting options which are open

to you.

This is not a formal commitment to register for next year, but a counselling session. It is in your best interest to take advantage of this opportunity — don't miss it!

In most cases, the Chair of the department is the Academic Advisor, but this can vary from department to department. The Vice-Deans are also available to provide academic counselling.

Clowning on Campus

Clowning on campus intends to bring out the best of each of us in our human relationship to one another. A smile, a sharing gesture, a trusting openness are attitudes that create life around us.

For me, as a Christian, this is the style of life that Christ invites me to live. Not to be dressed as a clown but to live with an open and giving heart.

Thank you to all those who have helped Campus Ministry and chaplains to make this day possible. Clowns: Caroyne Maxwell, Martin Lauzon, Ronald Perron. Background helpers with balloons and stickers: Gisèle Demers, Michael Flanagan,

Joan Dyck. Special thanks to Lougheed Flower Shop for the gift of the carnations, Suzanne Paquin and Noël Spencer who brought in the helium, Berthe Dubeau for the candy and the SGA for the use of the bloakroom. Thank You! See you next year!
Campus Ministry



News Briefs

Warm Hearts; Fill Stomachs

Do you have two hours a week or a month to spare? Summer, Christmas, school breaks, or anytime - Meals on Wheels is looking for volunteers to deliver hot and nutritious meals to people who can no longer prepare for themselves. The meals are ready at 10:30 am; training will be provided. For more information or to volunteer, please call 525-4554.

Eventually You'll Pay Back Your OSAP

Good news, kids; you're at Laurentian for a reason. In a recent Angus Reid Opinion Poll, it was discovered that university graduates have, on average, the highest earnings of all individuals, and the lowest levels of unemployment. Business leaders interviewed by the poll agreed 100% that a well-educated workforce improves a province's economic prospects and international competitiveness. In general, 41% of respondents believed that a university education offers the greatest chance for career growth, and university education is seen as "the best chance" to make more money by 63% of Ontarians. Job creation for those with university degrees has increased by 27% over 1992 to 1997; jobs for all other levels of education have decreased by 9% over that time period. Reassuring, isn't it?

Brush Up on Your German

On Saturday, March 27, from 9:30 am to 12 noon, the German Saturday School of Sudbury will be holding an Open House. It will provide guests with an opportunity to learn more about what the German Saturday School has to offer: a chance to observe some of the classes, meet the teachers, and enjoy refreshments. The German Saturday School has been teaching Heritage and Credit classes to students of all ages for over 30 years; its goal is to preserve and promote the German language and heritage in Sudbury. The Open House will be on the 3rd floor of Sudbury Secondary School, at the Mackenzie St. entrance; just follow the signs and balloons. For more information, call 525-5979.

Keep Your Kids Healthy (And Yourself, Too)

Participate in the Clean Air For Kids contest being held by Tobacco Councils across Northeastern Ontario. You can register to make your home smoke-free from April 1st to May 1st, and have a chance to win a one-week Caribbean cruise for two. The prize will be awarded on Monday, May 31, World No Tobacco Day. Your home must be kept completely smoke-free - that means any smokers have to smoke outside. Deadline to enter is May 14th; you can get your contest entry form by calling toll-free 1-877-731-6002, or by calling the Sudbury and District Health Unit at 522-9200, ext. 289 or 343.

Arts Briefs

Local Artists at Black Cat Too

Until April 3, 1999, Black Cat Too will be exhibiting the work of three talented young Sudbury artists. The show presents the work of Patricia Stenabaugh, Robert Joseph Henry, and Johnny Jaworski. The show runs during regular business hours. For more information, call Victor Theriault at 560-5944.

Handel's Messiah, Huntington Style

The Huntington Choir and the St. Andrew's United Church Senior Choir will be presenting Messiah at St. Andrew's United Church on March 29. The show starts at 7:30 pm. Tickets are \$10 for the general public, and \$5 for students and seniors; get them at the door. For more information, contact Huntington University at 673-4126.

Straight From the CKLU Goodie Jar

On March 19th, join CKLU's Evil E from *Groove Radio* at Ralph's on Friday, March 19; cover is \$2. If you like that, you'll love this: on Saturday, March 27, from 7:30 pm to 2 am, CKLU presents Revolution Night at the Mine Mill Hall. There'll be jazz, rock, hip-hop, fiddle, and much more. It's \$5 at the door, or totally free for "Friends of CKLU" card holders. You definitely want to go to this one.

Learn About Art Therapy

On Saturday, March 20th, at 2 pm, the Art Gallery of Sudbury will host a forum and information session on Art Therapy, and its implementation in the Sudbury community. Guest speakers from community organizations will explain the application of Art Therapy programs in different fields. The presentation is free, and provides the public with an opportunity to learn more about art therapy programs, to ask questions, and to discuss the wider role of art in the health and education disciplines. For more info, contact the Gallery at 674-3271.

It's Not Too Late To Improve on Stick Figures

The Art Gallery of Sudbury will soon be offering an adult drawing course, *Ways of Making Marks: Introduction to Drawing for Adults*. The course is designed for students with little or no experience, and will focus on creativity and the exploration of different aspects of drawing. This is the first in a series of drawing classes to be taught by local artist Elizabeth Holmes. The program runs for five consecutive Tuesday, from 1 to 4 pm, starting April 6th; the cost is \$100 for non-gallery members and \$90 for gallery members. For more info, call 674-3271.

I write concerning John Wozniak's piece "Feminology" in the March 11, 1999 edition of *Lambda*. I should state that I have not read the piece in the *Toronto Sun* by George Jonas to which Mr Wozniak refers. I presume, from Mr Wozniak's brief quote from Justice L'Heureux-Dubé, that his observations have been generated by the recent Supreme Court decision in a case called *R. v. Ewanchuk*, out of Alberta (S.C.C., 25 February 1999). I believe that Mr Wozniak's piece requires some response as to the legal claims that it makes. Accordingly, in so far as I am able, I would like to be of assistance to *Lambda* readers by commenting on some of the information that Mr Wozniak has offered or endorsed. I claim no particular legal authority for what follows; though trained as a lawyer, I do not practice law. If your readers want actual legal advice or more information about what follows, I suggest that they contact a legal practitioner.

Mr Wozniak cites, as "proof" that Mr Jonas' "Canadian matriarchy" are going so far as to "hijack our justice system and bend it to their will," a quote drawn from Justice L'Heureux-Dubé's judgment in *Ewanchuk* indicating that a female complainant's subjective fear of refusing a sexual act suffices to nullify her consent. Mr Wozniak takes from this that the "man must presumably read the woman's mind," which (somehow, although the connection is unclear) contradicts the fundamental premise of Anglo-Canadian criminal law that an accused person is innocent until proven guilty.

The issue is somewhat more complex than Mr Wozniak acknowledges. Section 265 of the *Criminal Code of Canada* defines assault (and sexual assault, *via* s. 265(2)) to include (*inter alia*) a situation wherein a person "without the consent of another person . . . applies force intentionally to that other person, directly or indirectly" (s. 265(1)(a)). Accordingly, a court charged with determining the matter must decide whether the complainant has consented to the intentional application of force or not. *Ewanchuk* does not remove the Crown's duty to prove the absence of consent beyond a reasonable doubt; it merely indicates that there is no such animal in Canadian law as "implied consent." Either the complainant consented or she did not. Parliament itself, hardly a bastion of matriarchy in many people's opinions, also deems there to be no consent in certain situations (s. 273.1), including the case where "the complainant expresses, by words or conduct, a lack of agreement to engage in the activity" (s. 273.1(2)(d)). If a trier-of-fact (judge or jury) is left in any reasonable doubt as to whether the complainant consented, the accused person will be acquitted.

But the determination of the complainant's actual consent does not conclude the issue. If the accused honestly, but mistakenly, believed that the complainant was consenting to the activity, then the accused will once again be acquitted of the assault. Again, there are limits; some factors that limit an accused person's ability to claim honest but mistaken belief are listed in s. 273.2 of the *Criminal Code*. Therefore, the law does not require men to be mind readers, it merely requires of the initiator of sexual contact that he or she be very careful to ascertain ahead of time the complainant's genuine consent; is this really too much to ask?

Let me recast the issue for your readers by asking a question, even at the risk of being branded a tool of the "matriarchy," whatever that may be: Is it not better for someone who wants sexual contact to abstain from that sexual contact in the case where there is uncertainty about his or her partner's consent, rather than to forge on, perhaps causing another human being endless torment through the potentially lifelong trauma caused by even minor, but unwanted, sexual contact? Where Mr Wozniak writes that he himself would like to see terrible punishments inflicted upon "rapists and men who abuse their partners," the rest of Canadian society, through its elected Parliament, is quite reasonably prepared to find culpability in situations involving lesser interference with others; Parliament, if perhaps not Mr Wozniak, understands the significant trauma even of unwanted force that falls short of "rape" or domestic abuse in the form of men "beat[ing] the shit" out of their partners.

Lastly, concerning Mr Wozniak's concluding remarks about radical feminists and "identity politics," I would merely point out to your readers that in *Ewanchuk*, a full panel of nine Supreme Court Justices, seven of them male, all concurred in finding that Mr Ewanchuk was guilty.

The judgment is conveniently available on the internet: <http://www.droit.umontreal.ca/doc/csc-scc/en/rec/texte/ewanchuk.en.txt>. I urge your readers to look at the case and make up their own minds.

Alex Kurke
Department of Classical Studies
Thorneloe University



Dear John,

I considered writing this letter with the intent of returning your blatant slander of my previous editorial with a personal slander of my own. I have come to the realization that to reply in this manner would serve not better purpose than to point out that "Feminology" is not a word and that the *Toronto Sun* loses credibility whenever the reading audience gazes at the "Sunshine Girl".

I would prefer to address some of the issues you raised in your column. The first issue you labeled "the real issue" is how the law is being used as a weapon in the gender wars. The Supreme Court case was not about men and women fighting on separate sides of a "war" it is about having your personal boundaries respected.

When Madam Justice L'Heureux-Dube stated that if a woman felt fear, no matter how irrational, it must lead to a legal finding of absence of consent. It was not a matter of finding a man guilty when he was innocent, but it is a matter of finding a man guilty of not respecting a woman's boundaries. How can we have liberty without being able to say no?

You have suggested that "a man must presumably read the woman's mind". I would not suggest that a man must not be a mind reader but a communicator. The physical threat in some situations is real. Any man who continues his advances when a woman is not a willing participant is the same man who may argue that no does not really mean no and interprets it to mean ask again or maybe. If a woman is being coerced under threat of violence or fear of violence, she may not be willing to say "no" in fear of repercussions. The laws exist because there are those men who place women in a position where they cannot say "no". The laws exist because there are those who abuse their power over another.

I would also like address your stated belief that "modern day feminism is a crock." Such a blanket statement only shows your ignorance. Surely you did not mean to sum up a large body of diverse theories, praxis, and perspectives in one dismissive sentence. Women Studies and feminist perspectives are not about winning a "gender war" it is about critical thinking and challenging hegemonic thought.

As to how incensed you are when your girlfriend tells you how her ex-husband beat her I wonder why you feel the need to set yourself up as a "good guy" (not that further violence is the answer). Perhaps your conscience is telling you that your column may be doing more harm than good. You have also completely overlooked the fact that her divorce is the result of feminist collective organization changing laws to make divorce accessible for women.

Feminism has made large gains that have benefited both men and women. I was disappointed to read your column which I would interpret as merely backlash. If you were baiting a response, you got one. Your blanket statement that modern feminism is a crock only serves to highlight your ignorance. The next time you wish to create a debate, do so in a more thoughtful, intelligent manner. Don't leave such fertile material for criticism.

Karen Thistle
Collective Member LU Women Centre
Lambda Features Co-Editor

Editor's Note: Dear Karen, the term "Feminology", although not a real word, was changed by the News Editor, not chosen by Mr. Wozniak. The term is meant to depict the study (ology) of feminist philosophy.

Lambda Staff

Copy Deadline: Fridays at 4:30 pm
Editorial Meetings: Fri. at 1:30 pm
General Meetings: Fri. at 2:00 pm

Editor-in-Chief: Norman Shields
Financial Director: Francine Lavallée

Editorial
Assistant Editor: open
News Editor: Dylan Callens
Asst News Editor: Anna Steven
Sports Editor: Ryan Hanna
Asst Sports Editor: Christian Mellin
Entertainment Ed: Mat Thompson
Asst Ent. Editor: Nick Stewart
Acting Photo Editor: Sarah Rhude
Asst Photo Editor: open
Rédact. Français: Gerald D. Woodard
Asst Rédac. Franc: ouvert

Features Co-Editors: Derek Serafini
Karen Thistle
Asst Features Editor: open

Administrative
Marketing Director: Steven Guiho
open

Production Directors: Patty Sebele
open
Circulation Director: Ruth Szalay

Support Staff
Amiable Librarian, Bryson McCarthy,
Dharma Brody, Todd Bosak, Scott Sawyer,
Christian Mellin, Paul Marucci, Jeff Manners,
Jon Howard, Takis Zervas, Christa Haines,
Tonto, Jessica-Ann Dozois, John Wozniak and Natalie Dubniczky.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

SCE 301 Student Centre
Laurentian University
Sudbury, Ontario, P3E-2C6
(705) 673-6548
Fax: (705) 675-4849
Email: lambda@hotmail.com

Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments:

Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's, Subway (Lasalle), Don Cherry's, Douglas Video & Variety, The Elm Tree & The Cooke House.

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.

Confessions of an English Opium Eater

by Constantin Constantius
Columnist

I spilled "honey" in the ash-tray. It was meant to go in my "tea", but instead, ended up getting blotched on my "cigarettes". This had some pretty serious repercussions. I'm not sure how many people out there have actually smoked "honey" before. This golden nectar has an interesting flavour, far more attractive than the cat-piss smell that you get while cooking crank. "Honey" burns and smells sweet, magnificent, rich. The pot-pourri of kings and queens.

Though the effects are stiff, distorted, and immediate, with an intensity that far outweighs putting it in "tea", it leaves the tea with a new taste. Almost as though tastebuds were suddenly changed to contain a manure receptor right next to the bitter. Being a chain-smoker, usually my buds are numbed to such intricate tastes, but not here. No way. This is pretty strong.

And yet when I reflect on the "honey-cigarettes" and "chamomile tea" I only remember Salvador Dali

melting clocks with his mind and a stuffed puppy dog that bounced when he barked. As I examine the dog closer, I see the control unit ripped out and his back is completely cut open, most likely by the twelve inch blade sitting next to it.

And if you remember those cute little fuzzy bunnies that were torched when some guy ate "mushrooms" on his pizza, you'll understand. You'll understand and you'll be scared and you won't know why. Some will say it's violent but really it's only truth. If truth is violent, so be it.

And then the smoked "honey" comes to its peek, no more valleys, never never never valleys. Not once you're up with serene minds floating in one head. Never never valleys when you're higher than smoke can float and it rolls too far away to see anymore valleys and the mountain peek is only in the distance and you can see it but never can touch it because it's really in the distance now because the honey has brought you to

this point of no returning home with cigarettes because they won't give you cigs in a place like the big capital a which is just a short trip down the road from the university where people don't smoke honey so often because it's against the rules of being a student when you want to stay away from the big capital a which is just a short trip down the road from the university and far away from home sweet home floating above those mountains in the distance now that you have got the never never never anymore valleys syndrome that's not a direct result of honey or mushrooms on a pizza on a Saturday night when stuffed bunnies blow and dogs dye from your twelve inch blade lying slashed in my throat as blood gushes in a diminuendo fashion as I slowly fade with each beat in this room in the big capital a which is just a short trip down the road from the university and far away from home sweet home floating in those sweet sweet sweet mountains next to the never never never valleys.

At the Sign of the Lurching Loon Loonacy

by Richard Head
Contributor

Ah, wonderful university life! Computer science students boldly supporting their thick lense glasses with brilliant white tape walking through the halls with impunity. The young women who no longer like their eyebrows, favoring shaving them off and replacing them with perfectly obvious black eyeliner. A day at school, witnessing these abominations, is enough to make me look back fondly on the Darwinian proving grounds of the primary school yard. My usual escape from all this is the island of partial serenity appropriately called the Loon.

Ah, there is nothing like a warm beer and a cold poutine in my favorite haunt. As I walked in last week, things were as they usually are at the Loon. There was Daniel Smooth drinking his tenth beer since he walked in at the crack of noon. On approaching the bar I soon discovered that Mr. Smooth was beyond verbal communication, and so I ordered a Bud, a small poutine and turned my attention towards my good friend, the television.

Before I could give my full attention to the tube I noticed that Bubba was not present, rather Earl was serving the drinks; I wondered where Bubba could be. After inquiring with Earl, I was pleased to hear that Bubba was gone squirrel hunting in Arkansas with his cousin and brother-in-law. I was also amused at

the fact that Bubba, while hunting, was accompanied by only one other person. My laughter was interrupted by the sound of a head cracking against the hard wood floor and a tap on my lap. When I looked over, I wasn't surprised to see Daniel lying on the floor in a vegetable-like state; it seems ten was all he could take. The tap I felt was the remote for the television coincidentally landing on my lap. Seeing that Daniel wasn't using it I flicked the channel, as Earl left to fetch the man a glass of water.

I stopped on the Roseanne talk show; my thoughts about how they ever let that woman have a talk show were quelled when I noticed who her guest was. It was Tinky-Winky of Teletubbies fame. It seems an American religious fanatic that goes by the name of Jerry Falwell believes that Tinky-Winky is gay. Mr. Falwell has raised quite a commotion about the subject.

Mr. Falwell came to the realization (perhaps while in his private jet) that because the children's television character is purple and has a triangular appendage growing out of its head, that Tinky-Winky is gay. Apparently purple is the official color of the gay pride movement and the triangle its official symbol.

I found it disturbing that this man, who has gained such a large following in the matter, could honestly believe that a three year old child could watch the Teletubbies and become gay as a result. Following his logic, the infant would see

Tinky-Winky and immediately equate his characteristic color and distinguishing symbol with the gay pride movement in America.

I would imagine that if this nonsense is all true, the Roman Catholic clergy's secret would be out. Priests and Bishops alike would be scrambling to hide their purple garbs, which to satisfy some sadistic urge, they have been wearing openly for years to mock their followers. The Pope would have to declare that the trinity, often represented as a triangle, would have to be changed into a square; perhaps it would be appropriately changed to the father, the son, the holy spirit and Jerry Falwell.

The storm raised in my brain over the matter was translated into a grunt, similar to the one my companion on the floor was now making as he started becoming aware of the conscious world. Earl had returned with the water and Richard sipped it sparingly as he returned to his stool with surprising adroitness. When I asked him how he was doing he garbled "I'm gay". I immediately inquired of him about his opinions on the whole Tinky-Winky affair. I assumed he would be twice as enraged about the matter as I was, considering how his lifestyle was the subject of such a farcical display as the media circus created by the accusations of this lunatic under the guise of a reputable religious leader. "No, no," said Daniel faintly; "I said, I'm okay." "Oh," I said and Richard fell back on the floor just as my poutine arrived.

This University Belongs to Students Strike Info

by Todd Bosak
VP Student Issues

As we get ready for our student strike, it is appearing that there are certain questions that everyone has about this exciting event taking place on Tuesday March 23. I would like to use this column to answer a few of these questions.

1. What will be open on campus on that day? As of the time that I wrote this, Marriott, Travel Cuts, the student centre and the pubs have announced that they will not be operating on the 23rd.
2. Are there any classes running? Many profs have indicated that they will either not be teaching or that they will be holding their classes on the picket line that day. As well, LUFA (the faculty union on campus) has asked its members not to have tests that day or to disseminate key class material.
3. Will there be delays? Yes. While the express goal of the strike is not to merely cause delays, the fact that a picket line will be set up, as well as the fact that picketers will be handing out information, means that there will be a traffic backup.
4. Where are the picket lines? Picket lines will be set up at each of the two entrances. As well, there will be a line set up at the entrance to the pit.

5. What time are the lines going up? Very early in the morning and lasting until after dinner.

6. Will buses be running? Buses will be running but are not usually in the practice of crossing picket lines. Therefore they be able to drive down Ramsey Lake Rd. and South Bay but not enter the campus. As well, they will be subject to delays.

7. Are there any key times I have to worry about? Yes! Between 10:30 and 11:00 am, there will be a rally featuring music and speakers. It will be followed by a BBQ.

8. How do I get to the line? A shuttle will be running from the Lilly Creek Park to the Picket line starting at 7 am. This is to avoid making the traffic lineup any longer than necessary. As well, it avoids the worry of picketers getting parking tickets on the road.

9. Are residence students getting involved? Yes! At 10:45 am, students are gathering outside of UC and marching down together for the rally.

So there you go, a few facts about the upcoming strike. It promises to be a very important day for all of us. If we have a huge number of students at the picket line I promise you that we will be taken a lot more seriously in the future. Next week we will be a witness to history at Laurentian. Let's be participants as well.



**LIBERTY
TAX
SERVICE**

**LIBERTY TAX
SERVICE
&
TRIPLE "S"
BOOKKEEPING**

2924-6 HWY 69N, NORM'S PLAZA
VAL CARON, ONTARIO
1-705-897-1331

STUDENT RETURNS FROM
\$25.00
SEE YOUR SGA OFFICE

God is calling... Answer!

In a world of unlimited choices choose the channel that will make a difference. If you are ready to put your talents at the service of others by proclaiming Jesus Christ connect with the **Redemptorists**.
Contact: Fr. Remi 705-566-8330 e-mail: hebecssr@telusplanet.net
or visit our web-site: www.redemptorists.com

Preparatory Measures

by John Wozniak
Columnist

As an off-campus student without a car, I am forced to take the bus on a regular basis. There is one practice that, if implemented by all riders, would make the transit experience here in Sudbury at least a bit more enjoyable. This remedy is to have your bus pass, change or ticket ready before you board the bus.

Countless times I have been sitting on the bus while approaching a stop with numerous passengers waiting. The key word here is waiting. They are biding their time idly chit-chatting with other passengers. When the bus comes to a stop and they eventually board the bus they fumble in their knapsacks or pockets in order to find the correct change or locate their bus pass. This wastes a lot of time.

Why, if someone is WAITING at the bus stop for several minutes before the bus arrives, can't that person have this stuff ready BEFORE the bus actually gets there?! Is this so hard? Every time I see someone down the road waiting for the bus and I am forced to watch them search through their backpack for five minutes upon boarding the bus while the bus driver and twenty other passengers wait I just want to scream.

Some of you may think that I am being self-righteous. I am willing to bet that some of you out there are

probably saying "I bet he does the same thing on a regular basis." On the contrary, I always have my bus fare in my coat pocket before I even leave the house to go to the bus stop. Period.

I have no problem if you pay your fare in nickels and dimes. Paying in this fashion usually takes a lot longer but it is something which is perfectly acceptable. I am fortunate enough to have a store very close to my bus stop. I will usually go into the store to trade nickels and dimes in for quarters and loonies, but that is just me being fussy. This is very different from not having your fare or boarding pass ready when you board the bus. This is such a simple thing and yet it is so painfully obvious to me that it is beyond some of the passengers in the Sudbury Transit system.

This problem is not restricted to any one age group either. That is the fascinating thing about it. I see everyone from teenagers to senior citizens making a mockery of common sense on the buses here in Sudbury. Thankfully the majority of riders know what they are doing. This is just a case of a few bad apples spoiling it for the whole bunch.

So, if you are a regular bus rider, try to remember this simple little procedure for making the bus experience of everyone that much better. The bus service here in Sudbury may be inadequate but at least try to make it as painless as possible for everyone involved.

Dear Writer's Block,

I am a biology student and I'll be damned if I've ever gotten an abstract right. How do you write one correctly?

Typically a Science Student

Dear Typically a Science Student,

This is a common question. Virtually every lab report in the sciences contains an abstract, which is a short (usually 100 words or less) introduction to a report. Typically, an abstract performs three tasks: it summarizes pertinent background information, it illustrates the purpose of the experiment, and it gives the results. All this must be delivered in only a few lines; ideally, no more than a sentence should be used for each of these points.

In order to condense all the information digested in large lab reports, it is important to familiarize yourself with large issues. Write in generalities; pay attention to italics, bold-faced type, and margin notes in

your sources. These are emphasized notes central to your subject matter. Work with these and condense them further.

When you have condensed the information you need, and you have written your abstract, be sure to edit it carefully. Cut out any of the following:

1. Opinion
2. New data
3. Irrelevant specifics; e.g., comparison with other works
4. Examples
5. Background
6. Reference data; e.g., information in tables, footnotes, etc.
7. Jargon

Do include the following:

1. Purpose
2. Essential specifics
3. Conclusions or results
4. Recommendations

Here is a sample of a typical abstract. This one is from a psychology report:

Two experiments performed to examine effects of different types of shift on release from proactive interference (PI). In each, 23 experimenters tested 48 participants from the general population. Experiment 1 used a shift in semantic class: participants studied either furniture items (e.g., desk) or numbers (e.g., nine) for 3 trials, then were shifted or not shifted to numbers on the fourth trial. Experiment 2 used a shift in symbolic form: participants studied either animal pictures or animal words for 3 trials, then were shifted to words on the fourth trial. Results indicated a much larger release from PI effect in Experiment 1 than in Experiment 2. Consistent with previous research, it is concluded that the meaning of words is more satiating than the form.

Overall, be as brief and concise as you can when writing an abstract: it may take several drafts, but stick with it.

* Taken from *Discipline Specific Writing Material & Success in Psychology*, by Douglas Vipond.

Dear Lambda,

I recently read the column "The Writer's Block" in your opinion section, regarding "crazy ideas" (Volume 37, Issue 20, Thursday March 11, 1999). I am astounded by the metaphysical proposition that ideas come into two categories: crazy and viable. This is paralleled in the article by the notion that we can derive specific truths from the universal. This dogmatic approach to metaphysical philosophy has Kant rolling in his categorically imperative grave. Besides the concept that any idea is "crazy", what makes anyone think that these same ideas are universal in nature?

However, we can skip this idea completely and question the usefulness of that particular article. I have noticed that many of these columns are useful, but every now and again they stray into this bizarre pattern of irrelevance. Please keep the articles in an informed and educated matter, as this is where I really learn something. Sincerely,

Stumped by the Block

Strike! Strike! Strike!

Information Booths regarding the Tuition Strike began on Wednesday March 17 and will continue to be around campus until the strike on Tuesday March 23. Keep your eyes peeled for these booths as they will provide you with vital striking information; such as, where events are taking place, what to yell when you see Dr. Watters and the proper ways to egg a car.

La résidence Lucien Matte Residence

Functional • Clean • Peaceful • Friendly

SUMMER SESSION • FEES

Single room (one person)	Double room (up to two persons)
per week \$75.00 + tax	per week \$100.00 + tax
per month \$250.00	per month \$350.00

Access

Fully equipped kitchen with stove, toaster, microwave, fridge, cupboard
T.V. room with cable
pool table and shuffleboard (no fee)
5 minute walk to Nepahwin Beach next to Chapel and church services
close to tennis courts, pool, track and field, library, golf course

For information and reservation, call the University of Sudbury at (705) 673-5661 during office hours.

WINTER SESSION

Places available in double rooms. Apply preferably before June 1st.

My World

by Bryson McCarthy
Columnist

The other day I witnessed a car accident. Being a person of civic virtue I stopped not only to lend my eyewitness account, but to see if the people were alright. As I got out of my car, I heard the strangest thing. The man who was clearly at fault in this accident having come barreling out of a parking lot, actually had the nerve to yell at the person who hit him. Now it is normal to get upset, but it was what he was yelling about that was the funny part. He was upset because he spilled his double-double all over himself and his wife lost her cappuccino. I'm sorry but I would be a little more upset about the car, or injuries and not weither my 'roll up the rim' addiction juice was spilled.

I have always hated donut shops. I have worked at them, and taken the money from them for my work, but I have always thought that they were an eyesore and a danger to the community. Why the hell do we need over thirty donut shops in Sudbury? We are fine with three McDonalds, three Burger King's and various other restaurants, but why so damn many donut shops? Probably because McDonalds only creates cravings while donut shops create an addiction that can only be fueled by caffeine, greasy donuts and a smoke filled environment. Sure now the shops have sandwiches, soups, chilli, bagels and various other consumables, but they still hook you with the addictive substances. Everything you buy

is cheaper if you buy it in a 'meal deal' which comes with a donut and coffee. No matter what, it is almost impossible to enter a donut shop and not be suckered into eating something that will shorten your life.

Sure, Tim Horton's is now smoke free, but does that include the bakers and staff in the back? Trust me, it doesn't. So they have tried to eliminate one of the three evils of the donut game. But in doing that, now they have returned with the 'roll up the rim' campaign at various donut chains. It's like food stamp day at a crack house. People will pawn, hawk, steal and swindle in order to get another cup o' java trying to win a car. Most of them ust end up winning another cup or a donut, thus repeating the circle back to creating more addicts and more revenue.

Donut shops sell food that will shorten your life span drastically. If I offered you a hand full of sugar, grease and eggs would you eat it? Probably not unless it looked like a french cruller. How about if I offered you 10 oz of a ground up plant that has been turned into a powder that is addictive and may kill you? You would say no, but that is exactly what coffee is. All this is dangerous, but the most dangerous part has to be location, location, location.

Sure, it's smart business to locate your store where there is a large traffic flow. This may help your sales, but it causes havoc for traffic. Donut shops are always located in a high traffic location where they prob-

ably triple the chance for an accident. People come whipping in and out of traffic trying to get into the donut location hoping that the faster they get there the fresher the two hour old pot of sludge may be. There will be lines of vehicles stopping up a major intersection as they all just need their quick fix. Grandma and grandpa try to menouever their twenty-five foot Buick across traffic to meet the mothball club, teenage wasteoids with nothing better to do but try to act grown up with a large double double and Joe Redneck who just can't survive the day without his thermos full of addiction all cause problems until finally two of these three collide in a twisted metal, caffene soaked heap with no one to blame but the pusher... the one true drug dealer who deals to thousands of clients a day, creates new addicts by the hour and is an eyesore to the community. The local donut/coffee shop.

Tim Horton is probably roling over in his grave wanting to be remembered for his skills in hockey, not for creating Canada's newest pastime...caffene consumption. But who knows, maybe the next cup will turn you into a winner and you can take the Stanley Cup of the donut world home in your new Jeep, and drink a double double out of the top.



An Underground Success

by Dylan Callens
News Editor

The 9th Annual Canadian Mining Games was an outrageous success this year. Laurentian University exceeded all expectations and placed first! After placing in the top three for the last six of eight years with a gold, four silvers and a bronze, expectations were high, and they were also met.

The event took place between March 11-14 and included approximately 120 Mining and Metallurgical Engineering students from eight universities across Canada. These included: the University of Alberta, Queen's University, University of Toronto, Laval University, McGill University, Ecole Polytechnique and Daltech, as well as Laurentian University. The mining games consist of a combination of practical and technical events pertaining to both mining and Engineering.

Shawn Curtis, President of the Mining Games Organizing Committee, stated that two things accounted for the win. First, ten of the sixteen LU representatives were fourth year students. Secondly, LU was pretty

much consistent throughout the events, placing third or higher in nine out of twelve events. They won Surveying, Mine Rescue II, Problem Set, and Mine Design.

Curtis also commented on how great Sudbury is to host the Mining Games because we have the mines and underground machinery, which students from other schools got to use for the first time. Next year's games are to be held at the University of Toronto. Not nearly as cool.

Event Summary (as outlined in the program guide):

Seminar Presentation: One delegate from each team will deliver a five minute impromptu presentation about a general mining related topic, based upon limited preparation time.

Surveying: Using an electronic theodolite and a stadia rod, solve the given underground surveying problem. Resulting calculations can be performed by hand, or using Autocad/Silverscreen software provided (lab time will be provided on Saturday at LU for calculation portion of event). Four delegates required for practical portion of event.

Mine Rescue I: After a debriefing by

the Mine Rescue officer, an underground search and rescue mission will be performed under conditions of impaired visibility.

Geomechanics: Using the compass provided, map a section of drift underground for structural jointing. The support analysis may be performed manually, or using Dips and Unwedge software provided (computer lab time will be provided on Saturday at LU for calculation portion of event). Maximum six mappers allowed.

Engineering Problem Set: The set will consist of simple problems from

every course in the mining curriculum.

Mineral Separation: A maximum of two delegates from each team will be required to concentrate an ore sample using the equipment and reagents provided. The best combination of grade and recovery will receive the most points.

Ethics: One delegate from each team will address two ethical dilemmas.

Mine Rescue II: Following a field testing demonstration from the Mine Rescue officer, one delegate from each team (with no formal Mine Rescue training) will have to reproduce

the field test. Points will be awarded for completeness and correctness of order of field test, as well as time to complete the field test.

Mine Design: Develop an underground mining strategy for a gold deposit. Specific information will be given in deposit plans and sections, and cost criteria. The process is to be completely manual (no software required), and no outside reference materials allowed. Unlimited participation.

Drilling/Bolting: Using a jackleg, drill a 6' hole and install a mechanical bolt.

	Weighting	Laurentian	U of T	Laval	Queen's	McGill	U of A	Dal Tech	Poly
Presentations	4	3	5	8	4	2	1	7	6
Surveying	7	1	2	7	3	4	5	6	8
Mine Rescue I (Search and Rescue)	3	3	5	8	2	1	4	7	6
Mine Rescue II	3	1	6	3	2	5	7	8	4
Geomechanics	7	3	5	7	2	4	6	1	8
Problem Set	10	1	7	5	8	2	6	4	3
Min. Sep.	4	6	7	4	8	5	1	2	3
Mine Design	10	4	8	5	7	3	1	2	6
Ethics	5	1	8	5	6	7	4	3	2
Jackleg	6	3	8	6	4	5	7	1	2
Foosball	2	8	2	7	4	5	3	6	1
Boat Races	2	3	1	4	8	6	5	2	7
Total Score		396	193	205	244	328	310	340	261
Ranking		1	8	7	6	3	4	2	5



ANNUAL CANADIAN MINING GAMES
JEUX MINIERS CANADIENS

EARN
MONEY
AND
TRAVEL
TO
ANOTHER
COUNTRY!



Visit us on-line at
www.swap.ca or drop in
to your nearest Travel
CUTS office for details.

SWAP is a programme of the
Canadian Federation of Students

The Student Work Abroad Programme:

Working holidays in the
USA,
UK,
Ireland,
Australia,
New Zealand,
France,
Germany,
South Africa,
Japan
and more.



TRAVEL CUTS
Plugged-in to Student Travel
Since 1969

New Student Centre, SCE-234, 673-1401

Owned and operated by the Canadian Federation of Students

Need Health or Dental Coverage? Need Options?

StudentOptions can
provide coverage if
you're not covered by
a group health or
dental plan.

This program covers:

- prescription drugs
- vision care
- dental
- chiropractic
- massage therapy
- much more



For more information call:

1-800-468-0668

NATIONAL
STUDENT
HEALTH
NETWORK

Who Has the Time or Money for Food?

by Derek Serafini
Features Co-Editor

If your life is anything like mine, the last couple of weeks have pretty much been hell. I mean, it seems as though there is an essay due every day, in addition to midterms, assignments, and the normal course work - plus about a million other social engagements which are much more enticing than school. But such is the life of the student: we do what we can with what we have and just hope that we are still alive after it is all said and done. But, in our desire to do so many things, a few things get neglected. Most notably, a proper, well-balanced diet.

With stress levels on the rise and pressure mounting, food does not always seem like the top priority - or, at least, healthy food. In an effort to prove our immortality and invincibility, we live on a diet that does not at all consist of a healthy balance of nutritious foods.

With this being spring, both time and money are running short, but we still need to pay attention to what we feed ourselves. Everything starts with our diet. If we do not provide our bodies with good fuel on which to run, our bodies will not operate at their peak levels (at a time when high performance should be a priority).

So, in this short feature, we will attempt to highlight some things that can help you to make better diet decisions that will benefit you enormously. From label reading, to the elements of a vegetarian diet, we will look at the various options that are out there for you.

In the limited space that we have, we cannot, of course, cover everything pertaining to a healthy diet, but we've provided the basics. There is much more detailed information out there that you should consult if you have questions. Health services has a plethora of resources and information for your benefit.

by Karen Thistle
Features Co-Editor

As this school term comes to an end students find themselves burdened with assignments and time constraints and less time for creating culinary masterpieces. Others are budgeting money just to be able to finish out the term without starving. There are a few possibilities which students may find helpful.

As assignments monopolize more time students have less time for meal preparations. The following list is ideas for quick breakfast and snacks on the run:

canned fruits, fresh fruits, fruit juices, ovaltine in thermos, milk, yogurt, cheese, peanut butter and crackers, quick breads, bran breads, pita bread, banana bread, dried fruits, sandwiches, muffins, hard boiled eggs, nuts, bagels, cold cereal, instant oatmeal, nutritious cookies, pizza, waffles.

Other suggestions for foods to keep on hand so you have tasty and nutritious meals include: canned salmon or tuna packed in water for sandwiches or pasta dishes; canned legumes (chickpeas, kidney beans, lentils, etc.); great in soups and salads; canned fruit, packed in juice, for a quick dessert or fruit shake; ready-made pasta sauces, pasta, rice, kasha, couscous, and other tasty grains; breakfast cereals and cereal bars; skim milk powder, evaporated and UHT milk, which has a long shelf life.

Drinking water is also important. While some people have difficulty drinking the recommended 6-8 cups a day some may want to drink water in place of coffee, tea, soft drinks, or alcohol. Water can curb your appetite between meals and you should drink water before you feel thirsty. Drinking water is important because of the physical role it has within the body as well as being convenient and inexpensive.

For some students the issue may not be what kinds of foods to buy but how to afford them. As the end of the term comes so does the end of incomes like OSAP. Some measures to help reduce the cost of food is to make use of coupons, choosing "no name" brands, making a list, and eating before shopping. Shopping on an empty stomach causes people to buy more than they intended to.

Another way to share the cost of groceries is to shop with roommates or friends and share the cost of food. An example is buying food in bulk that you normally would not be able to eat by yourself. By sharing the food and the cost you may be able to save a few dollars. Organizing pot luck dinners with different friends also helps in creating balanced meals. Others may want to share the price of ingredients and make food dishes like lasagna that can be stored in the freezer. Everyone shares the cost of the food and everyone leaves with ready made meals.

While students are conscious of where their money goes, we all know the stress it creates. For students who are having difficulty riding out the time until they can get some more money there is a student food bank on campus. Students can drop by room G7 the Residence Office in the single students residence (Student Street).

Reading Food Labels

by Karen Thistle
Features Co-Editor

Reading food labels requires an understanding of the Nutrition Information panel. The panel gives you the suggested serving size and the nutritional content for the stated serving. Reading labels is a useful way of better understanding the foods that you eat and determining which brands may be better for you.

Per Serving is the size of a suggested serving. Nutrition Information for each nutrient is based on this serving. If your portions are larger, you will need to increase the calculations of your nutrient intake accordingly.

Energy is the fuel you need to function, and is measured in calories and kilo joules (Kj)- the metric equivalent of calories. One calorie converts to 4.2 Kj.

Protein provides the building blocks for all body tissues - muscles, bones, teeth. Found mainly in meats, poultry, fish, eggs, dairy products, and legumes, protein provides 4 calories of energy per gram.

Fat is an essential part of your diet. It is a source of energy, providing 9 calories per gram. It also carries vitamins, and enhances the flavor of food. The key is to limit the amount of fat you eat and understand how the different kinds of fat affect your heart's health.

Polyunsaturates and monounsaturates are unsaturated fats that play an important role in your diet. Polyunsaturated fat is a valuable source of essential fatty acids, and it has been shown to lower blood cholesterol levels. Of the fats, these are the ones that you want to make up most of the fat content of a product.

Saturated fat, found mostly in foods that come from animal

sources, has been shown to raise blood cholesterol levels. Trans fat has also been shown to raise blood cholesterol. Trans fat is formed when liquid oils are hardened through hydrogenation and also occurs naturally in some foods.

Dietary Cholesterol is found

in regulating blood pressure. Sodium, of which the best known form is table salt, has been linked with raising blood pressure. Potassium plays a positive role in blood pressure regulation.

Percentage of Recommended Daily Intake (RDI) This listing of vitamins and minerals indi-

when applied to a product.

Calories and Sugar

Calorie- reduced = 50% fewer calories than a similar non-calorie-reduced food.

Low-calorie = 15 calories or less per serving and also meets standards for "calorie-reduced."

than 15% of calories from saturated fat.

Virtually no trans fat = Nutritionally insignificant amount of trans fat. Less than 1% trans fat in food.

Low in fat = No more than 3g of fat per serving.

Fat-free = No more than 0.5g of fat per serving.

Cholesterol-free = No more than 3 mg per 100 g; and must qualify as "low in saturated fat".

Low in cholesterol = No more than 20 mg cholesterol per 100 g and per serving, and must qualify as "low in saturated fat".

"Extra-lean" ground beef = No more than 10% fat content.

"Lean" ground beef = No more than 17% fat content.

"Medium" ground beef = No more than 23% fat content.

"Regular" ground beef = No more than 30% fat content.

Dietary Fiber

Very High source of dietary fiber = At least 6 g of fiber per serving.

High source of dietary fiber = At least 4 g of fiber per serving.

Source of dietary fiber = At least 2 g of fiber per serving.

Salt and Sodium

No added salt/unsalted = No salt added, and none of the ingredients contains a significant amount of salt.

Salt free/ sodium free = No more than 5 mg of sodium per 100 g.

Low salt/low in sodium = 50% less sodium than regular product; no more than 40 mg of sodium per 100 g.

When a label claims that it is a "light" food that does not always describe a healthier food. It can describe a product's color or taste or refer to fat or calorie content. When you see this word, look for a statement that describes exactly what the product is "light" in.

Label reading tip—Ingredient Lists

- **Ingredient Lists are useful if you have any food allergies.**
- **Nutrition Information, rather than Ingredient Lists, should be used for determining the nutritional value of food.**

in foods of animal origins, such as butter. Plant-based foods do not contain cholesterol.

Carbohydrates are a source of energy, and provide 4 calories per gram. Sugars/starch are a prime source of fuel for the body. Fiber does not yield significant calories because it is not well digested. A diet high in fiber is thought to play a role in the prevention of heart disease, stroke, and aids in bowel regularity.

Sodium and Potassium are nutrients that play an important role

cates the percentage of the recommended daily amount found in the particular food.

Nutrition Claims

Nutrition Claims are those bold statements that companies use to attract health conscious consumers. Often we see claims of products being "low in fat", "high in fiber", or "Free of some undesirable content". As consumers, how aware are we of what these claims really mean? Following are some common nutritional claims and what they should mean

Calorie-free = No more than 1 calorie per 100g.

Sugar-free = No more than 0.25g of sugar per 100g; no more than 1 calorie per 100g.

No Sugar added/unsweetened = No sugar is added and none of the ingredients contain a significant amount of sugar.

Low in Sugar = No more than 2g of sugar per serving.

Cholesterol and Fat

Low in saturated fat = No more than 2g saturated fat per serving; no more

What Is A Vegetarian?

Over 14 million North Americans consider themselves "vegetarians." Of these, about a third completely eliminate meat, poultry, and fish from their diets. The others generally include poultry or fish, but eliminate red meat. It may strike you as rather odd that so many people who eat meat choose to identify themselves as vegetarians. Perhaps it is an indication that vegetarianism is now being viewed as a positive step by many people.

Although vegetarians are by no means a homogeneous group, there are certain characteristics that are more prevalent in this population than in the rest of society. Perhaps the most obvious is a strong interest in health. They often select minimally processed foods, and tend to use less salt, sugar and caffeine. Some prefer organically grown foods and avoid artificial colours, preservatives and additives.

But while vegetarians often share an interest in health and ecology, there is tremendous variety among their ranks, not only in their individual diets, but also in their reasons for becoming vegetarian. For some people, vegetarianism is a way of achieving better health, while for others it is a matter of ethics, religion, ecology, or animal rights.

Health

Health is the number one reason people become vegetarian. There is a strong consensus that a vegetarian diet is healthier than a diet that includes, and particularly emphasizes, animal foods. The points most frequently cited are:

- a vegetarian diet reduces one's risk of chronic, degenerative diseases such as heart disease, cancer, diabetes, obesity, osteoporosis, gallbladder disease and hypertension.
- a plant-based diet more commonly meets the current recommendations for percentages of fat, carbohydrate

and protein than an omnivorous diet. We are told to cut back on fat, especially saturated fat, and to emphasize grains, fruits, and vegetables and to increase fiber. This is a fairly simple task for a vegetarian.

- there is less chance of contracting a bacterial infection such as E. coli, or Salmonella on a meat-free diet.
- diseases such as bovine spongiform encephalopathy (BSE), bovine leukemia virus (BLV) and bovine immunodeficiency virus (BIV) found in animals could potentially affect human health.

Ethics and Animal Rights

For many people, vegetarianism is a statement against violence and cruelty. There is a feeling that taking the life of another creature is fundamentally wrong. Every year in the U.S. and Canada, more than 7 billion animals (not including fish) are slaughtered for food. People who choose to be vegetarian as a means of protest express their concerns as follows:

- animals are feeling creatures with complex behavioral patterns and intense bonds to their offspring.
- today's system of animal agriculture treats animals like inanimate objects. As our population and our food needs grow, incidences of overcrowding, confinement, isolation and brutality increase. The animals are often robbed of the opportunity to behave in instinctive ways and are driven insane.
- animals are transported to slaughter in appalling conditions, often with-



Vegetables like these, and sandwiches like the ones on the cover (!), can be had at This Ain't The Only Café, downtown.

out food or water for extended periods of time. Millions of animals die each year en route to slaughter as a result of such conditions.

- the actual slaughter is inhumane, primitive and violent. Stunning methods are sometimes unreliable, and many animals move in pain along the disassembly line toward becoming our food.

The Environment

There is an unprecedented reaction by our society to the state of the environment. People are beginning to realize that we cannot continue to consume the earth's resources at this rate if there is to be any hope for future generations. They make the choice to become vegetarian as a way of further reducing environmental destruction. Their arguments are as follows:

- the raising of livestock is a major

contributor to desertification (loss of topsoil, and drying-out of the land to such an extent that it cannot support the growth of any vegetation) deforestation.

- animal agriculture demands tremendous amounts of fresh water. For example, it takes about 25 gallons (110 L) to produce a pound of wheat and 390 gallons (1 700 L) to produce a pound of beef. It

takes less water to produce the food that a pure vegetarian needs for one year than to produce the food that a meat eater needs for a month.

- the earth's topsoil, which is essential for the growth of plants, is being depleted more quickly than it is being formed. Animal agriculture contributes significantly to this critical situation.

- animals raised for foods require intensive use of fossil fuels. Fuel is needed to transport animal feed, to heat animal shelters, and to transport animals to slaughter, meat packing plants and grocery stores. This heavy requirement for fossil fuels and, to a lesser extent, methane production by animals, contributes to global warming.

- the destruction of natural habitats to make room for animal agriculture contributes to the rapid rate of extinction of many plants and animals.

World Hunger

World hunger is a problem of enormous proportion. Nearly one-quarter of the human population does not get enough to eat. Many people who choose a vegetarian diet do so, at least in part, to make some contribution to the reduction of world hunger. Their rationales include the following:

- animal agriculture is a very inefficient use of our food resources. It requires tremendous energy, and produces little usable food, in comparison to plant yields.

- the demand for meat among the rich people of the world takes precedent over the need for grain and legume production among the poor in developing countries. Land owners frequently opt to grow or raise whatever brings in the greatest profit. That often means choosing to grow beef for the rich rather than beans for the hungry. The land, labour, and resources of the poor are often exploited in the process.

- in developing countries, land desperately needed to grow indigenous foods is often used to grow cash crops, animal feed and fodder, and livestock for export in order to service international debts.

- two-thirds of the grain exported from North America to other countries goes to feed livestock. The livestock, in turn, goes only to feed those who can afford it.

- one-quarter of the world's population uses 80 - 86 percent of the non-renewable resources and 34 - 53 percent of the food. In the United States, 230 lbs of animals are consumed by each man, woman and child per year.

Winning Recipes

The following recipes are the 1998-1999 winners of the annual favorite recipe contest. Each winner received a \$100 meal plan at Laurentian University. These recipes and others are available for students in the Laurentian University Can Cook Cookbooks printed each year compliments Director of Services and Food Services Committee.

Easy Pasta with Vegetable
Submitted by Elizabeth Arruda

- 8 cups (2L) chopped fresh or frozen vegetable.
- 1 large can of diced tomatoes.
- 1/3 cup of Italian salad dressing or your favorite dressing.
- 1/2 cup Parmesan cheese.
- 6 cups Cooked pasta.

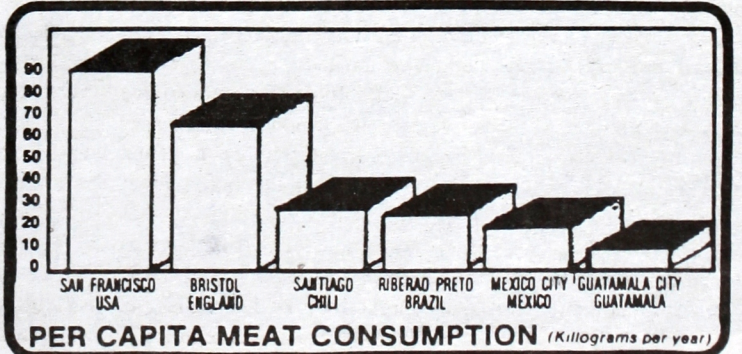
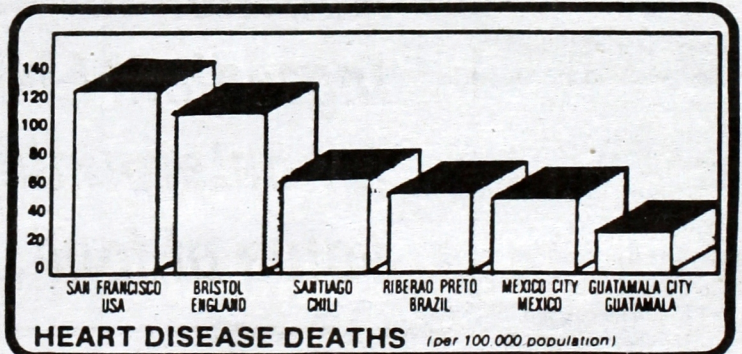
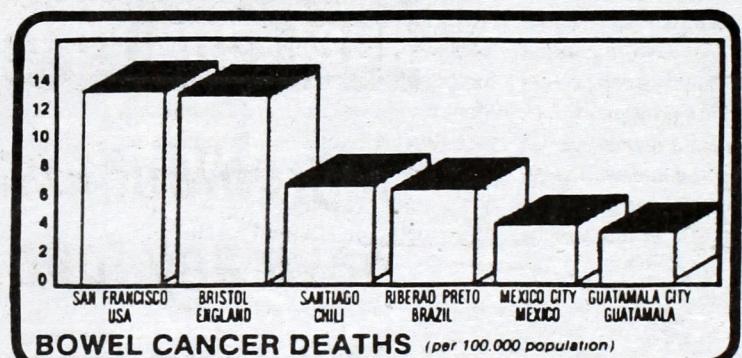
Combine vegetables with tomatoes and dressing in a baking dish. Bake at 400F until vegetables are tender (20-30 min.) Combine with pasta and toss with cheese. Makes 6 servings.

Italian Chicken
Submitted by Mike "Duck" Baker

- 2-3 Chicken Legs
- Parsley
- 1/2 Medium or small onion.
- Grated lemon peel.
- 1/4 Cup Italian Dressing.
- 1/4 Cup chicken broth.

Combine onion, lemon peel, Italian dressing, and parsley. Marinate the chicken for a minimum of half an hour. Place chicken under broiler brushing regularly for 30-40 minutes. Serve with Veggies and pasta!

THE PATTERN IS REMARKABLY PARALLEL



Data adapted from: Journal of the National Cancer Institute, Vol. 51, No. 6, Dec. 1973; and, Foreign Agricultural Circular - Livestock and Meat, U.S.D.A., Washington, D.C., 1978

Without Meat - Exploring the Protein Myth

The typical North American diet is often referred to as a "meat-based diet," reflecting deeply held beliefs that animal foods outrank plant foods in value. To the question, "what's for supper tonight?" the answer is rarely "broccoli" or "potatoes." It is usually hamburgers or pork. For many people, it's hard to imagine Thanksgiving dinner without the turkey. This focus on animal foods extends to the very heart of our relationship with food.

One huge myth has led many of us to believe that a plant-based diet is inferior to a meat-based diet. The belief is that we cannot get enough protein if we stop eating meat.

That statement is not true; it is based on research and thinking from a bygone era. **In fact, there are no nutrients essential to human life found in meat that are not found in plant foods.** As we look down the food chain, we see all of the nutrients that are used to build animal and human bodies come from plants. Protein and iron are required for the muscles and blood of even the largest herbivores (like elephants, who derive all the nutrients from plant sources). Even vitamin B12, sometimes thought of as the nutrient we must get from animal foods, actually originates from the bacteria that grow in or on animals and plants.

Protein

Vegetarians are often asked, "how will you get enough protein?" For a variety of reasons, this concern has been overemphasized. During the first half of the 20th century, there was considerable emphasis on the elimination of deficiency diseases, including protein-energy malnutrition. In North America, meat was seen as the saving grace, and governments began to encourage growth in animal agriculture by subsidizing farmers. This resulted in a substantial increase in the use of animal foods. While the average protein intake of people in developing countries is about 60 grams per day, those of us in developed countries ingest, on average, over 100 grams of protein. This means that for many in the

West, over 15 percent of our calories come from protein. The result of excessive protein consumption is not simply bigger muscles, as we might like to believe. According to the World Health Organization (WHO):

"There are no known advantages from increasing the proportion of energy derived from protein (above 15 percent of total calories) and high intakes may have harmful effects in promoting excessive losses of body calcium and perhaps in accelerating age-related decline in renal function."

It turns out that the somewhat lower protein contents found in vegetarian diets may turn out to be a health advantage. To further quote the WHO study:

"Many epidemiological studies have linked a low intake of animal protein to high childhood mortality and growth failure. For many years, this evidence was interpreted as meaning that the amino acids present in animal proteins were necessary to complement the amino acids in plant foods...Progressively, it was recognized that even in totally vegetarian diets containing a diversity of foods, plant sources tended to complement one another in amino acid supply...If the energy needs of the child or adult are met by these diets - then so are the amino acid needs."

Protein is present in most foods, with the notable exceptions of sugar, fats, and oils. In fact, diets which provide enough calories and are based on an assortment of plant foods will easily meet and exceed protein requirements.

Recommended Protein Intakes

How much protein do you really need for good health?

The exact amount of protein you require depends on your age, body size and, to some extent, on the composition of your diet. Protein needs are greater than average for some athletes (eg. building muscle mass) and for people recovering from certain illnesses. Scientists have established recommended intakes which include a minimum requirement and a generous margin of safety (because people differ metabolically, and because pro-

teins differ in composition and digestibility).

The recommended intakes for most nutrients vary slightly between countries, depending on the interpretation of data by scientific committees, and on other factors, such as the food sources that are commonly used in each country. In the United States, the recommended amount of protein for adults is 0.8 grams per kilogram of body weight. In Canada, the figure is 0.86 grams per kilogram.

Which Plant Foods Give Us Protein?

Grains

Grains such as wheat, oats, millet and rice, which are not often thought of by Westerners as significant protein foods, provide almost half of the world's protein. Certain grains, such as South American amaranth and quinoa, have amino acid patterns similar to those found in foods of animal origin. It is interesting to note that in grains, the percentage of calories provided by protein is in the neighborhood of 10 to 15 percent, the precise quantity recommended by health experts as a desired goal for our overall diet. As a bonus, whole grains are low in fat and provide iron, zinc, and B vitamins.

Legumes

Legumes - plants which have seeds in pods - are the protein powerhouses of the plant kingdom, with approximately twice the protein content of cereal grains. There are more than 11,000 kinds of legumes, but many North Americans would have trouble naming five. Familiar legumes include peas, lentils, peanuts, soybeans, and chickpeas. Like meat, legumes are good sources of iron and zinc. Legumes provide three distinct advantages over animal protein foods: they generally contain very little fat, and that which is present is primarily

unsaturated; legumes are high in soluble and insoluble fiber; and they are sources of calcium. Legumes fit right into today's nutritional recommendations, and frequent consumption of legumes has been shown to reduce blood-cholesterol levels and improve blood sugar control in diabetics.

Nuts and Seeds

Nuts, instead of being considered salty, high-fat snack foods, are looked upon as tasty sources of protein and other nutrients in the vegetarian diet. When we eliminate meat, and perhaps dairy products as well, our intake of fats drops substantially. Nuts

and seeds provide valuable oils. For example, walnuts will contribute valuable omega-3 fatty acids to vegan diets. For growing children and other vegetarians with high-energy needs, these high-calorie foods balance the low-fat levels of most other plant foods, and thus are important additions. Nuts and seeds also provide vitamins and the minerals calcium, iron, and zinc.

Vegetables

Vegetables provide just a little protein. However, the amino acids provided in vegetable protein help to complement the other amino acids in plant-based diets.

CAN YOU EASILY GET ENOUGH PROTEIN WITHOUT EGGS OR DAIRY PRODUCTS? YES! WITHOUT EVEN TRYING

HYPOTHETICAL ALL-PLANT FOOD DIET

From Revised Edition of *DIET FOR A SMALL PLANET*

	Calories	Total Protein (grams)
Breakfast		
1 cup orange juice	111	1.7
1 cup cooked oatmeal	148	5.4
1/2 oz. sunflower seeds	80	3.5
1 T. brown sugar	52	0
3 T. raisins	87	0.9
Lunch		
2 T. peanut butter	172	7.8
2 slices whole wheat bread	112	4.8
1 T. honey	64	0.1
1 apple	87	0.3
2 carrots, small	42	1.1
Dinner		
1 cup cooked beans	236	15.6
1 cup cooked brown rice	178	3.8
3 stalks broccoli (1 1/2 c.)	52	6.2
4 mushrooms	28	2.7
2 T. oil	248	0
1 cup apple juice	109	0.3
1/2 banana	64	0.8
Snack		
1 1/2 cup popcorn, with oil	123	2.7
Total	1,993	57.7
National Academy of Sciences Recommended allowance for a 128-pound woman		2,000
		44.0

The Lowdown on Caffeine

by Karen Thistle
Features Co-Editor

In a brochure from Concordia University Health Services it is suggested that Canadians average between 230-290 mg of caffeine a day. While some like a nice cup of coffee to start the day others worry that they may be consuming too much caffeine.

Caffeine is a naturally occurring substance found in the leaves, seeds, or fruit of more than 60 plants. Caffeine is a mild stimulant. Studies have demonstrated that caffeine increases alertness and speeds up reaction times (it's no wonder that some students find it beneficial). Caffeine's effects vary from individual to individual. Some drink several cups of coffee or pop and feel little to no effect while others notice a difference after one cup. Caffeine is also a diuretic; meaning that it increases the body's excretion of water.

How much caffeine is in coffee and tea? The amount of caffeine in coffee and tea depends on several factors. The higher the temperature of the water the greater the caffeine that is extracted from coffee beans or tea leaves. That is why Espresso, which is made with pressurized steam contains more caffeine, drop for drop, than brewed coffee. The amount of time that water is in contact with coffee beans or tea leaves affects the caffeine content. Longer contact equals higher caffeine.

While some individuals become accustomed to caffeine and become dependent on it, the word "addicted" is not appropriate to describe a person's attachment to caffeine. Caffeine dependence does not fit the classical pattern of addiction represented by compulsive behaviour, social consequences, increased need and neglect of work-related or recreational activities.

If you feel that your need for caffeine is worrisome, you may do yourself a favour by cutting down. One way to see if you are dependent on caffeine is to stop drinking coffee, tea or soft drinks for a day or two and see what happens. If you experience headaches, fatigue or drowsiness you may be taking in too much caffeine.

In addition, if you are a regular drinker of caffeinated beverage and you suffer from insomnia, fatigue, stomach pain or anxiety you may try to cut down (or cut out) caffeine and see if this decreases or eliminates those problems.

A few tips for cutting down on caffeine is to switch to instant coffee or decaffeinated coffee or tea, or caffeine free herbal tea. Read soft drink labels carefully and be aware of hidden sources of caffeine such as chocolate and some medications. Avoid those that are high in caffeine.



MEET THE TOP DOG.



**More destinations. More buses.
More value.**

Low student fares.
Climate controlled, smoke free coaches.

STUDENT RETURN FARES

Sudbury to:

North Bay	\$30	Sault Ste. Marie	\$60
Toronto	\$79	Ottawa	\$109

Price does not include GST.
Other discounted destinations plus oneway student fares available.

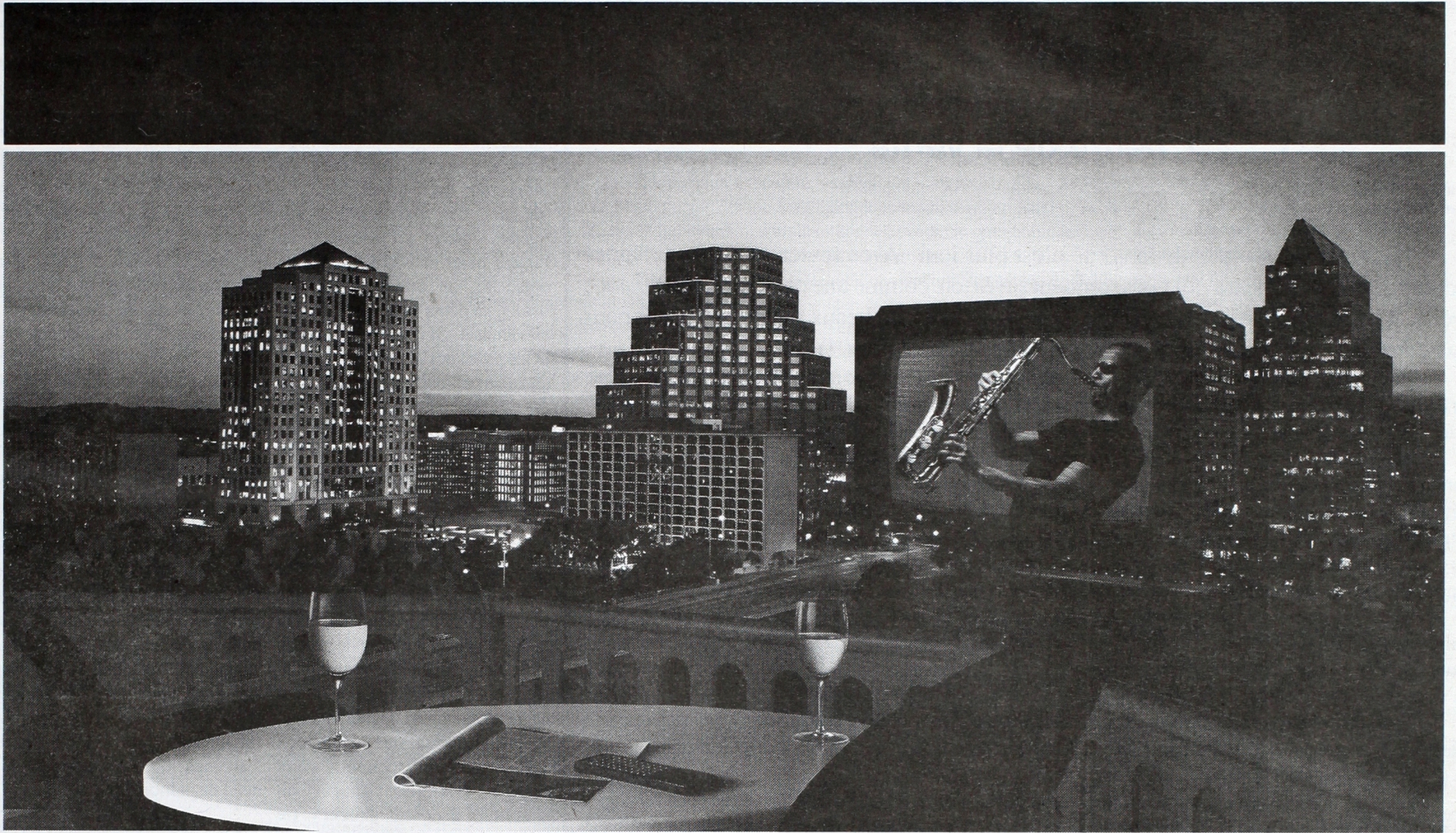


SCE 234, New Student Centre
673-1401



854 Notre Dame Avenue
524-9900

Take it Easy. Take the Greyhound.
www.greyhound.ca



du Maurier
A R T S

**Supporting 215 cultural organizations across
Canada during the 1998-99 season**



Les maux du Rédacteur

L'heure de la vérité

Gérald D. Woodard
Rédacteur Francophone

Hé, voila, le moment de la vérité n'est plus loin. Avec seulement trois semaines de cours devant nous, le travail nous tombent sur la tête comme une pluie glaciale qui nous réveille d'un sommeil hivernal. Heureusement qu'il y a du beaux temps printanier pour nous consoler. (Comme si nous avions le temps d'en profiter!!)

Pourquoi les professeurs doivent-ils passer la moitié du semestre à être sympa et ne donner que peu de travail pour ensuite nous faire mourir sous un fardeau écrasant dans les dernières cinq semaines? Est-ce qu'un des préalables pour être professeur c'est d'être masochiste aussi?

Mais, hélas! C'est là le malheur de l'étudiant. Pas de temps pour une vie sociale au mois de mars, quand tous les êtres vivants sortent pour se jouir du beaux temps; pas de temps pour se délasser de nos plumes d'hiver pour voler dans l'air frais du printemps; et surtout pas de temps pour nous profiter d'amitiés, approfondies dans le désert de nos afflictions académiques. Non, surtout pas. Nous, étudiants, nous devons rester égarés entre nos quatre murs à faire les travaux d'un semestre au complet (ceux qui ne nous ont pas été remis plus tôt, et ceux que nous n'avons pas remis nous-mêmes!!).

Mais que faire pour alléger le fardeau? vous me demandez. Bien, justement, mes pauvres confrères esclaves, j'ai de quoi à soulager le plus souffrant d'entre vous. Et ceux qui me connaissent ne seront guère surpris par ce qui suit. Mardi prochain, nous pourrions, ensemble en solidarité, faire entendre nos voix, crier à l'injustice, et réclamer la liberté des chaînes qui nous lient.

Peut-être nous ne réussirons pas à alléger le fardeau de travail ce jour-là, mais pour ce qui concerne le fardeau financier ça en est autrement!! Nous pourrions nous libérer de notre ennemi commun : la hausse des droits (en latin - universitas dispendius)!

Venez nombreux et nombreuses, mes camarades. Venez fêter le printemps avec de la musique, des discours et de la solidarité. Venez fermer l'université. Seuls, nous ne sommes rien; ensembles, nous vaincrons!! Soyons à l'entrée de l'université ce matin-là pour faire comprendre que nous sommes prêts à nous battre pour nos droits et que ce n'est pas en nous donnant plus de travaux que l'on va nous empêcher. Ça ne ferait que nous motiver.

La solidarité, mes confrères et mes consœurs!! Ensemble vers la victoire!!

La troupe, un spectacle formidable!

Francine Lavallée
Personnel Lambda

"La troupe" universitaire a présenté le spectacle "Félix" la semaine dernière à l'auditorium du pavillon Alphonse Raymond. Cette pièce fait honneur aux divers oeuvres de Félix Leclerc, un canadien-français. Félix était à la fois conteur, poète et chansonnier renommé. Mais ce pionnier a dû être reconnu en France avant d'être reconnu au

d'octobre. De plus, certains sont malades, mais rien ne pourra les empêcher de faire honneur au "beau géant au regard bleu" par leur oeuvre de création extraordinaire.

La pièce était formidable et très diversifiée. Les chansons adaptées, la danse, les mimes et les textes de La Troupe ont bien emballé les spectateurs. La Troupe a fait preuve de son talent musical par le biais du violon, du piano, des cuillères

scène "Sanctus" qui parle de la mort de deux épis de blé était triste. La scène "La vie" exposait la misère de notre société et la scène "Attends-moi tit gars" était légère en nous montrant un petit apprendre à faire de la bicyclette, en plus des premiers essais bien réussis de danse à claquettes des membres de La Troupe.

Il m'est difficile de choisir une scène favorite, car le tout était incroyable! S'il faut, par contre, que je choisisse, ce serait la scène "Le passant charitable" qui remportera la palme. Une femme, jouée par Céleste Dubé, sort de sa maison pour aller chercher une cruche de lait; la porte se referme et se barre derrière elle. La pauvre est embarrassée dehors en chemisette de nuit et ses deux enfants, de moins de deux ans, sont dans la maison. Un passant se rendant à l'enterrement de son cousin, joué par Dan Leduc, arrête pour l'aider. Il grimpe et brise la fenêtre avec son soulier, mais ne peut pas atteindre le fermoir. Après de nombreux essais, le passant décide de soulever la dame pour qu'elle grimpe par la fenêtre. À ce moment, son mari arrive et pense que quelque chose de croche est en train de se produire. Il débarre la porte avec une clé cachée à côté de la porte depuis le début. Il ordonne à sa femme de rentrer et se bagarre avec le passant. Le passant quitte, étonné et sans son soulier.

Il faut certainement que je félicite l'excellent travail de Robert Krauss, concepteur du décor de la pièce. À Madeleine Azzola, la pièce était incroyable et je vous encourage dans votre poursuite d'un programme



Des membres de la troupe

Canada.

Vendredi soir, j'arrive à la préparation de la représentation de "Félix" pour me renseigner. Au moins quatre membres de La Troupe sont couchés soit sur l'estrade, soit sur le plancher. Tous sont fatigués, non seulement à cause du grand nombre de représentations en si peu de temps, mais aussi à cause des longues heures de répétitions depuis le mois

et de la chanson. Stéphane Gilbert a amusé les spectateurs en jouant les cuillères et en chantant la "Montagnette" en compagnie de Jules Ducharme.

Le spectacle est plein d'émotions. Une des scènes, intitulée "Opinion", était drôle et mettait en guerre les différentes expressions française telles que "c'est écoeurant", "ti-guidou flye flye", tandis que la

L'Usage Français

Cette rubrique est consacrée aux nuances de la langue française. Elle fournira, grâce à des extraits du *Langagier* du Département de Français, des clarifications sur l'usage, correct et incorrect, de certains mots et combinaisons de mots. Ici, on retrouvera aussi, parfois, de petits jeux de mots pour vous amuser. Si vous avez des mots sur lesquels vous voulez être éclairés, faites-les parvenir au Lambda ou au *Langagier* (Département de Français). Nous voulons remercier le rédacteur du *Langagier*, le Docteur Pascal Sabourin, pour sa coopération.

Faire ses groceries ou ses épiceries?

Voici un cas des plus intéressants. Saviez-vous que l'anglais *groceries* vient de *grocer* et que ce mot-ci a été emprunté de l'ancien français *grossier* (le marchand de gros), lequel le tenait du latin *grassarus*? (Sherlock Holmes ou Arsène Lupin : votre choix!) L'anglais *grocer* (la personne) a donné *grocery* (le magasin) et *groceries* (les aliments qu'on y trouve). Le terme *grossier* (commerçant de gros) persiste encore en français dans l'expression « marchand grossier » (ne pas confondre avec le marchand mal élevé!). C'est probablement pour éviter l'équivoque que le français d'aujourd'hui préfère le terme *grossiste* (emprunté de l'allemand *grossist*). Le français moderne a aussi *grosserie* (un commerce de gros). Ainsi, si vous achetez vos denrées alimentaires chez Loeb Wholesale, vous allez littéralement à la *grosserie* pour y faire vos *épiceries*.

Épiceries? C'est culturel, chère Jacqueline, c'est culturel! Si au Moyen-Âge on allait chez le *grossier* pour ses denrées (comme l'Anglais allait chez le *grocer*), les Français se rendent, à partir de 1248, chez « l'épicerie » (la personne, au féminin), qui tenait une *épicerie*, où se vendaient d'abord des épices, des drogues, des aromates et des confitures, puis, avec le temps, toute la gamme des produits d'alimentation. C'est pourquoi, en français, on se rend chez l'épicier/l'épicière pour y faire ses *épiceries*, non chez le marchand grossier pour y faire des *grosseries*!!!
(Le *Langagier*, _6, septembre 1994)

Édifice, Pavillon, Bâtisse, Bâtiment, Immeuble

À l'Université Laurentienne, on emploie le terme *édifice* pour désigner les différents bâtiments du campus. Ainsi, les panneaux disent : *Édifice de l'entretien*, *Édifice des Arts*, etc. Cet emploi repose davantage sur la tradition que sur le sens précis du terme, car *édifice* se dit d'un bâtiment d'une certaine importance et d'une certaine valeur architecturale. La tour Parker est sans doute un bel *édifice*, mais pourrait-on en dire autant du bâtiment de l'entretien?

À l'Université Laval et à l'Université d'Ottawa, le terme *pavillon* désigne les différents bâtiments de la cité universitaire. *Pavillon* signifie une construction indépendante appartenant à un ensemble de bâtiments voués à une même activité et situés généralement dans une même enceinte. Les bâtiments de l'Université Laurentienne correspondent-ils à cette définition?

La *bâtisse*, c'est le gros oeuvre d'un bâtiment, c'est-à-dire les fondations, les murs et la toiture; ou bien, et de façon péjorative, une construction dépourvue de valeur esthétique. Au Canada français, le mot *bâtisse* n'a pas de connotation péjorative et il désigne une construction d'une certaine importance. Il est surtout employé dans la langue familière.

Bâtiment est un terme générique qui s'applique généralement aux constructions d'une certaine importance. On dira donc : les *bâtiments* de l'Université Laurentienne sont en piètre état. On dit aussi : l'industrie du *bâtiment*. Dans le Canada français rural, on l'employait pour désigner les dépendances de la ferme.

Immeuble, c'est un grand bâtiment d'une certaine importance, souvent divisé, à la construction, en appartements ou en bureaux. Ainsi on parle de : *Immeuble locatif*, *immeuble résidentiel*, *immeuble de bureaux*. Selon cette définition, le campus de l'Université Laurentienne ne renfermerait pas d'*immeuble*. On pourrait, à la rigueur, appliquer ce terme à la tour résidentielle des étudiants qui est un *immeuble* d'une dizaine d'étages.

(Le *Langagier*, _2, janvier 1994)

de beaux-arts à l'Université Laurentienne. Le talent à la Laurentienne est certainement présent! Finalement, je dis "merde" à La Troupe lors de sa semaine de présentation à Toronto en mai. J'ai hâte d'assister votre pièce l'an prochain! MERDE.



La Troupe de la Laurentienne

Épicier... banquier... la ligne est floue

Gérald D. Woodard
Rédacteur Francophone

Pour tous ceux qui sont écoeurés par les frais de service que font payer les grandes institutions financières de ce pays, il semble avoir, maintenant, un autre choix. La compagnie alimentaire *President's Choice* se lance dans le domaine financier avec *President's Choice Financial*.

En disant qu'elle n'est pas une banque, la compagnie dit vouloir « changer pour toujours les services bancaiers ». « *President's Choice*, selon leur site web, a toujours eu la philosophie de faire les choses de façon différente. »

Donc l'épicier devient banquier. Avec des pavillons dans des magasins associés à travers le pays, la compagnie offre à ses clients une alternative fraîche aux icones du domaine financier au Canada.

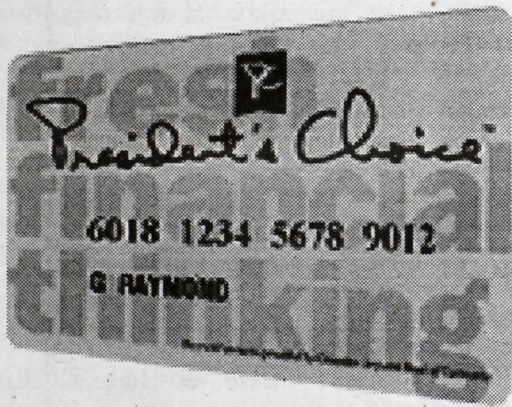
Et cette alternative peut surtout être intéressante pour les étudiants. Quoiqu'on serait obligé de garder un compte ailleurs (la compagnie n'offre pas un service de prêts étudiants), les avantages offerts par *President's Choice Financial* sont bien attirants. Un compte entièrement sans frais, un compte crédit à base d'intérêt, hypothèques et RÉER

attirantes, et un système de points bonis font que c'est vraiment de quoi de neuf dans le système.

Ses comptes offrent quasiment tous les services sans frais (y compris le service sur Internet) et réduit donc de beaucoup les dépenses d'un individu. Son système de RÉER, que la compagnie traite du « meilleur du monde », n'exigent pas de dépôt minimum ou de pénalité pour retraite.

Et, en plus de tout ceci, le client reçoit des points bonis pour chaque transaction et sur le solde annuel dans son compte. Il peut ensuite échanger ces points pour des épicerie gratuites. Un genre d'argent Canadian Tire pour la bouffe!!

En tout, l'alternative semble intéressante - quoique certains aient tendance à ne pas vouloir aller voir André l'Épicier pour leurs besoins financiers. Nous allons avoir deux pavillons du *President's Choice Financial* à Sudbury, l'un au magasin Poulton's aux Four Corners et l'autre au magasin Rome's à New Sudbury. Ou, encore, on peut visiter son site web: www.preschoicefinancial.com. Présentement, il y a un manque flagrant de documentation en français, mais on m'assure que cela serait réglé sous peu.



Les avantages

Comptes

- Service guichet gratuit (*President's Choice* et CIBC)
- Service téléphonique gratuit
- Service sur Internet gratuit
- Aucuns frais sur les chèques
- Chèques gratuits
- Pas de balance minimum requise
- Paiement de comptes gratuit
- Paiement par *Interac* gratuit
- Points PC pour épicerie gratuits
- Taux d'intérêt élevé

Comptes Crédit

- Taux d'intérêt préférentiel plus 1,75%
- Accès gratuit par téléphone, Internet, guichet ou chèque
- Montants de 5 000\$ à 50 000\$
- paiements mensuels bas
- points PC
- Service de chèques gratuits

RÉER

- Taux intéressant
- Intérêt quotidien
- Aucun frais de courtage ou administratif pour le mettre sur pied
- sans risque/aucun dépôt minimum/ aucune pénalité de retraite
- Points PC

E.T. appelle... la Laurentienne!

Gérald D. Woodard
Rédacteur Francophone

Si vous ne les avez pas vues, elles étaient installées dans le centre étudiant il y a une semaine. Trois personnes bien sympathiques avec un message et des livres à vendre. Quoi d'étrange, vous demandez? Bien, le message était... euh... différent.

Ces gens, représentants du mouvement Raelien, étaient de passage à Sudbury et à la Laurentienne pour proclamer leur bonne nouvelle: nous, les habitants de cette terre, furent créés dans un laboratoire par des extraterrestres. C'est bien ça, mes amis. Nous ne sommes qu'une expérience scientifique en clonage. Du moins c'est ce qu'affirment les membres de ce mouvement religieux.

Commencé dans les années soixante-dix par un journaliste français, Claude Vorilhon, ce groupe

compte, aujourd'hui, quelques 40 000 membres à travers le monde. M. Vorilhon dit avoir eu un rencontre avec un extraterrestre dans une région éloignée de la France en 1973 et d'avoir reçu d'instructions sur l'origine de l'homme et ce dont nos « créateurs » veut de nous. On lui a donné le nouveau nom Raël et lui a ordonné prophète pour communiquer le message.

Raël affirme que la Bible que nous connaissons aujourd'hui venait de ces êtres et a été changée par des hommes. Ses croyances prétendent que tous les prophètes bibliques ont reçu les mêmes enseignements que lui et que la résurrection du Christ fut une expérience en clonage.

Les Raeliens croient à la paix et aux principes humanistes. Ils disent vouloir abolir le racisme et le militarisme. Et ils pratiquent, aussi, ce qu'ils appellent la « méditation

sensuelle ». Dans une entrevue enregistrée, présentée lors d'une soirée à Sudbury, Raël a expliqué que ceci ne veut pas dire sexuelle mais plutôt sensorielle, impliquant tous les sens du corps. Mais il faut dire que le livre que vendent les Raeliens porte pas mal sur le côté sexuelle.

En tout, leur présentation était intéressante, et les gens ont été bien sympathiques. Mais quand j'ai demandé une entrevue on m'a donné un numéro de téléphone pour une personne du département des relations publiques. Je dois avouer que je me méfie d'une religion qui, lors d'une présentation publique, ne veut pas répondre sur place aux questions. Je trouvais toute cela différente, mais je ne pense pas que le mouvement raelien peut prendre le dessus sur les autres croyances du monde. Mais c'était de quoi à faire parler les gens de la Laurentienne pendant quelques jours!



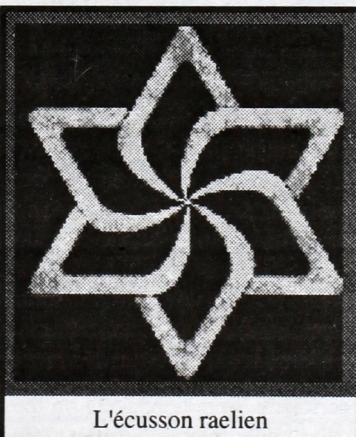
Une affiche publicitaire raelienne



Modèle réduit d'une ambassade pour extraterrestres



Claude Vorilhon - Rael



L'écusson raelien

Je veux
connaître les
pensées de Dieu.
Tout le reste
n'est que de
petits détails

- Einstein

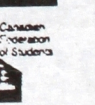
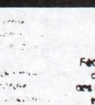
GRÈVE ÉTUDIANTE RÉSISTEZ



mardi 23 mars 1999

DÉMONTREZ VOTRE APPUI!
PARTICIPEZ À LA LIGNE DE PIQUETAGE!

- il y aura 2 lignes de piquetage, une à chaque entrée; elles commenceront à 7 h 00 et dureront toute la journée.
- il y aura un ralliement à 11 h, suivi d'un BBQ.
- la plupart des classes seront annulées.





ENTERTAINMENT



Dear Dharma

by Dharma Brody
Advice Columnist

In two weeks I will be taking over Bryson's World on the opinion page and Bryson will shell out his macho advice. So if you have any questions that you think Bryson may be able to answer, send them in. And remember, I only have three issues to go before I graduate and move on, so get your questions in fast. I would love to hear from you, and would love to hear from some of my old pals (Snipes... where are you?)

Dharma Brody

Dear Dharma: I went and saw Boogie Nights not too long ago with my boyfriend. In the end scene, Mark Wahlberg displays for the camera a 14 inch (prosthetic) penis. My boyfriend and all the other guys in the theatre were disgusted at this and said there was no place for that. They failed to remember I had to endure 2 hours of breast, butt and other shots before seeing this final scene. Why is there such a double standard?

Stacey

Dear Stacey: I think the problem is that we have become so used to seeing naked women on the screen that it has become commonplace. I used to hate it, but I have become so used to it that it doesn't bother me anymore. Guys of course love it and are always waiting for it. Not to many movies actually have naked men in them, and if they do it is usually Harvey Keitel or Michael Douglas. I think the main problem is that guys are not very secure when it comes to seeing another man's bits. They may act macho, but they can't stand it. Girls have come to accept their bodies, but men are still weighing each other's to see who's got the biggest. Maybe if you rent more movies with men in them, your boyfriend won't be so disgusted. Of course, the real problem may be he was just a little embarrassed by the screen penis (14 inches, WOW) and he is suffering from a little envy if you know what I mean!

Dear Dharma: My girlfriend is always craving pickles, peanut butter and chocolate. Should I be worried there may be a bun in the oven?

Pop

Dear Pop: Why don't you ask her instead of me? She may, but not all girls get strange cravings when they are pregnant. Hell, I have never been pregnant in my life and I sometimes eat peanut butter and pickle sandwiches or crave that Deluxe Burger food. Strange cravings just happen and usually have no link to being pregnant. Of course, if she asks you to get her some pistachio ice cream, some sardines and a little HP Sauce on the side, then you should worry!



Sick Joke of the Week

An elderly man awoke in the middle of the night with an urgent need to pee. He stumbled into the bathroom and stood patiently before the upturned lid, but nothing happened.

"What's the matter with you?" he said to his reluctant member. "All these years you performed on cue, and now, all of a sudden, you're giving me trouble."

Hi wife, awakened by the sound of his conversation, called out, "Honey, who are you talking to?"

"Oh," he replied, "no one you'd remember!"

**ONLY THREE ISSUES TO GO,
SO GET YOUR ARTICLES AND
COMPLAINTS IN FAST!!!**

Seeds of Conspiracy Deluxe (or Knick Knack Paddy Whack Give a Dog a Clone)

by Nick Stewart
Asst. Entertainment Editor

Aliens. Telepathy. Robots. Cloning. Mind control. All elements which could make for a helluva science fiction movie. They are however, just a few of the elements involved in perhaps the greatest conspiracy known to mankind. Due to recent events here at Laurentian, some of you may even perhaps be aware of this conspiracy. What I am referring to of course is the recent visit of representatives of the Raelian religion to Sudbury, but more specifically, to LU's very own Student Centre. I had the fortunate opportunity of interviewing one of their members (special thanks to Louise Turcotte for being so gracious as to grant me said interview, especially what with the Ten-Foot-Tall Flesh-Eating Chihuahuas roaming the hallways) and with the information gleaned from that conversation, combined with what I learned from reading their literature, have managed to gain a fairly good grasp of the conspiracy that they propose is present in every aspect of human existence. To be fair, they do not present it as a conspiracy, but rather as universal truths revealed to their leader, Rael. It is however rather obvious that the media, along with political and religious leaders, are unknowingly working to keep this conspiracy hidden, or at the very least to make it appear as a farce. As a result, most people are unaware as to who the Raelians are, and what this conspiracy is. But thanks to the Raelians' visit to LU, along with the efforts from your not-so-humble author, all shall be made (quasi-)clear. Read on and learn all you need to know about...

The True Face Of God

1. Historical Perspective 'n' Religious Re-Interpretation

Hundreds of thousands of years ago, scientists from a race of technologically advanced aliens (the Elohim, whose name shall be explained later) created plants, dinosaurs, and eventually humans, in their laboratories, which they then transferred to the previously empty Earth, to thrive and grow. Ordinarily, such experiments were conducted on the Elohim's home planet, but after a few dinosaurs escaped and killed some people, the government decreed that all further genetic experiments had to be conducted on other planets. The Earth experiment was rather well-received, or least it was until the scientists created humans. Governmental Elohim feared that humans might eventually achieve the same level of technology that the Elohim themselves had achieved, and so decreed that humans must remain primitive or else would have to be killed. Certain Elohim scientists disagreed, however, and gave their creation the

gift of enlightenment. This triggered a war of sorts between the Elohim government and the Elohim scientists. This war is evident in many passages of the Bible, which was given to humans by the Elohim.

In the Bible, the "evil" mentioned of man, in the eyes of the Elohim home planet residents, is his desire to progress scientifically. One such example is when the government intended to destroy the world with nuclear missiles, the scientists urged Noah to build a spaceship on which a pair of creatures from each species could be held. Noah did so and rose his spaceship thousands of miles while the Earth was pelted with nuclear weapons. The Elohim government once again attempted to destroy the scientifically advanced humans who resided in Sodom and Gomorrah with, again, nuclear weapons (victims of nuclear bombs often look like salt statues, explaining the whole Lot's wife thing). Practically the whole Bible has been misinterpreted, and is chock full of interesting examples of alien war. For example, Moses' burning bush was merely an effect of an Elohim scientist's rocket landing, and his parting of the seas was in fact the Elohim helping him by using a water repulsion ray. Further examples are that of Samson being a telepath, Daniel fleeing the lions whom the Elohim had stunned via their paralysis beams, the Ark of the Covenant actually being an atomic transmitter-receiver communication device, and the multiplication of bread actually being the rehydration of the Elohim's synthetic dehydrated food. Another important point to mention is that what people perceived to be angels were in fact Elohim scientists in space suits, and their "wings" were in fact jet packs.

And then we get to Jesus. Mary, his mother, like all the mothers of all the major prophets, was taken aboard the Elohim spacecraft, impregnated, and then sent back down to Earth. All of Jesus' miracles were in fact help given to him by the Elohim: they used telepathic group hypnosis to amaze his crowds, concentrated lasers to heal his patients, and anti-gravity beams to help him walk on water. His death, was permitted by both the Elohim and Jesus himself, to prove a point to the world's population. His temporary resurrec-

tion, which was accomplished by cloning a copy of Jesus from a sample of the former Jesus' cells, was also done to prove a point and to transmit a message. This message was misinterpreted, as was most all points made by some of their other prophets, such as Muhammed and Buddha.

In 1973, the Elohim government, no longer wanting to blow up Earth with nuclear bombs for humans' scientific progress, lured Claude Vorhillon, their last prophet, into a field near his home in France, using mind control. They met with him for an hour a day for five days; describing to him the true origins of human beings and the Church's gross misinterpretation of the Bible. A major key to understanding the Bible, they explained to him, is that the term "God" was misinterpreted as well. "Elohim", the term that Christians took to meaning God was in fact Hebrew for "those who come from the skies". The Elohim then went on to explain to Claude his true purpose, that of their final prophet before the Apocalypse, or, as it means in Greek, the "Revelation". It was also during this five-day period that they explained to him what his goals were to be, what he was to try to convey to the world. Claude proceeded to change his name to Rael and went about his prophetic-type business.

2. Life on the Elohim Homeworld

After two years of crusading for his new cause, Rael was once again swayed via mind control into a semi-secluded area where he was greeted yet again by some Elohim. This time, they took him on a visit to their home planet, where he learned a great number of things about the Creators. As seen from their love affair with nuclear-powered things (bombs, flashlights, transmitter-receivers) in the Bible, the Elohim's primary source of power is nuclear energy. They have somehow mastered the closed-circuit atom, and being superior beings, use harmless materials in their reactors instead of uranium.

Using their inexhaustible supply of energy, the Elohim have discovered how to create quasi-sentient biological robots to do all their work

Continued on next page...

I want some of that Sensual Meditation dude!

Do you get fries with that?



Seeds Continued...

for them. The tasks performed by these robots cover all imaginable realms of possibility, ranging from menial tasks to guiding visitors to sexually pleasing their masters. This leaves the Elohim free to do as they please, working only if they wish to do so. Seeing as how the Elohim live anywhere from 750 to 1200 years, this leaves them with a lot of spare time. Going to school is unnecessary and time-consuming for the Elohim, since they have perfected "chemical education". Instead of wasting thousands upon thousands of hours in high schools and universities, Elohim children gain their education as follows: fluid from an educated person's brain matter is extracted from their skull, and is then injected into the skull of one who wishes to "learn". This frees the Elohim up for even more activities of their choice. Being a society focused on genius and creativity, some Elohim spend their time drawing and contemplating. The bulk of the Elohim, however, spend most of their free time shagging. That's right, what is probably the most popular Elohim activity is having sex, very frequently, and with many anonymous partners. That is not to say that the Elohim are against commitment: they do allow the union of a couple to produce a child, or even to live together if they so desire. But they do not however agree with marriage. To them, marriage is the public proclamation of ownership of another human being, which cannot be true. Also, such a commitment would prevent both partners from making love with the rest of the population.

Sports are also an important part of Elohim life. A given day will find some Elohim participating in atomic automobile racing, or even naked co-ed rugby. It is in fact sports which prevents wars from breaking out on the Elohim homeworld, for aggressive children are encouraged to play extremely violent sports. This allows some aggressive children to vent their violent urges, while killing off other aggressive children. The death factor also acts as a deterrent to other children's pendants for violence.

Basically, the Elohim do whatever they please, practically whenever they please. The modern conception of Heaven is essentially the life lead by the Elohim, except that they are not held back by Judeo-Christian issues of guilt when it comes to sexuality, seeing as how they practically created Judaism and Christi-

anity (albeit inadvertently).

3. Raelian Realities

This is a small listing of many of the tenets which the Raelians believe, and that were taught to them by the Elohim.

- The majority of people are unintelligent, or are of such a low level of comprehension and understanding that allowing this majority to continue to have a say in governmental issues and activities is a threat to human progress. In other words, most people are too stupid to help society grow, and as such shouldn't be allowed to vote ("Discriminate against fools [...] whatever the color of their skin"). Therefore, only people who have an intellectual quotient (IQ) fifty percent above average should be able to run for head of a country's government, and only people who have an IQ ten percent above average should be allowed to vote. To have this system of government, the geniocracy, instituted by national governments is one goal of the Raelians.

- To build an embassy in a politically neutral country. This embassy will be built to welcome the Elohim to Earth and to introduce them to our world leaders. At this meeting, they will share with humanity some of their technology, which is 25 000 years ahead of our own, and which hopefully can help protect us from the abductions committed by evil aliens (unsure as to who they are, they're just not Elohim). It is also at this meeting that they will bring with them a clone of all the major prophets, such as Jesus, Mohammed and Buddha.

- They believe in pushing society towards enlightenment, and that this can only be achieved by awakening the body...basically, by making people horny. It is for this purpose that the Elohim taught Rael techniques of "sensual meditation", which are basically forms of meditation involving making yourself horny. If you wish to participate in group sensual meditation at Raelian camps, you're asked to have yourself tested for sexually transmitted diseases, and to have a working knowledge of condoms and birth control aids. Don't ask.

- Thoughts in humans' head are essentially electro-chemical responses. According to the Raelians, these electro-chemical processes create a type of wave which is then detectable by Elohim technology. The Elohim

use their computers to capture these waves, which they then record. Basically, the Elohim read and record every thought each person has. After the Apocalypse, the Elohim plan to re-create, on their planet, clones of humans who were productive and good during their time on Earth, and in order to determine who was good or not, they rely on these "thought records". They also plan to use this technology to re-create clones of evil people, so they can then torture these people for eternity (or at least for a long time).

- Samson was one, Rael is one, and according to the Raelians most people are inherently one (except maybe that Kreskin guy). That's right, I'm talking about telepaths. Apparently, if you want to become telepathic, or at least stand a good chance of being so, then don't cut your hair, beard or facial hair. Ever. The Elohim put that stuff on your face and head, and it's there for a reason. We're not sure what the connection is, but there is one, dammit.

- And on a more socially topical note, the Elohim are all for euthanasia and abortion, for reasons of avoiding suffering, and are against booze, cigarettes and drugs for reasons of purity.

Conclusion

If yer still wondering what the conspiracy is, it's that the Church, which is an institution based on misinterpreted Elohim teachings, along with others, as mentioned above, are attempting to suppress the Raelians' teachings. Now I want it understood that I do not necessarily advocate what the Raelians are claiming, nor am I claiming that I approve. I just find it necessary to try expose supposed conspiracies wherever they may be, and to shine the piercing light of truth upon them all. If the Raelians do speak the truth, however, we all have a steadfast obligation to storm down to Area 51, the secret American military installation in Roswell, New Mexico where a recovered alien craft was found, and liberate the bodies of the Creators that are found there. Is it not then sacrilegious to allow the bodies of the Elohim to be poked at and prodded by weird military types? I propose an Anti-Area 51 Elohim Corpse Liberation Front, which I myself will lead...or at least I will after I figure out how to clone my Quasi-Evil Carnivorous Squirrel of Doom.

Skewed News Briefs

by Nick Stewart
Asst. Entertainment Editor

Clinton Arrested For Indecency

In a rather embarrassing event early yesterday morning, President Clinton was arrested by Washington police for committing public indecency on a public sidewalk: licking himself. According to sources, Clinton was engaged in the activity espoused by so many dogs around the world seemingly without a care in the world. When asked why he did it, Clinton replied "Because I can." Unfortunately for him, however, the new Washington Animal Decency Law, which dictates that any creature caught in the lurid act of licking themselves must be put to death to protect other innocent creatures, also applies to humans, who are also considered creatures. Clinton is expected to be put down next Friday, but not before being neutered, just because.

Oxygen Discovered to Be Bad For Health

According to recent research conducted by the nation's top scientists, the air we breathe is actually lethal. "We submitted many people to large quantities of air, and all of them eventually died," said Dr. Blinky Frinkstein. These discoveries have alarmed people the world over, prompting scientists to attempt to find an alternative source of life, other than air. "We've experimented with different sources of breathable materials," continued Frinkstein. "We've tried jello, llama blubber, goat phlegm, motor oil and Tang, all with zero success. The experiments will go on, however."

Arrest Made in Senior Citizen Freedom Attempt

Earlier this week, Stick Newart, leader of the Senior Citizen Liberation Front, attempted a mass freeing of senior citizens at the Bowl Full O' Applesauce Rest Home. Mr. Newart reportedly flung open all the doors of the building as he dashed around, urging the seniors residing there to escape, while singing "Born Free" at the top of his lungs. The liberation attempt proved to be a failure for Newart, as the seniors coughed, sniffled and went on watching Matlock, while administration called police. Newart is expected to undergo massive psychiatric evaluation.

FACT: If a person is sucking on a Wint-O-Green Lifesaver and you turn the lights out and smash them in the mouth you will see green sparks. This also works if they just bite down on the Lifesaver, but my way is much more fun!

Society Against Feline Exploitation



Never before has such a worthwhile cause come our way. S.A.F.E. has learned that there are many cats in the Sudbury area that have had to degrade themselves in front of the camera in order to make a few extra dollars. It may seem like a cause that won't affect you or your family, but you may be living next door to a Feline Pornographer right now. Watch for the *tell-tail* signs of this sick addiction:

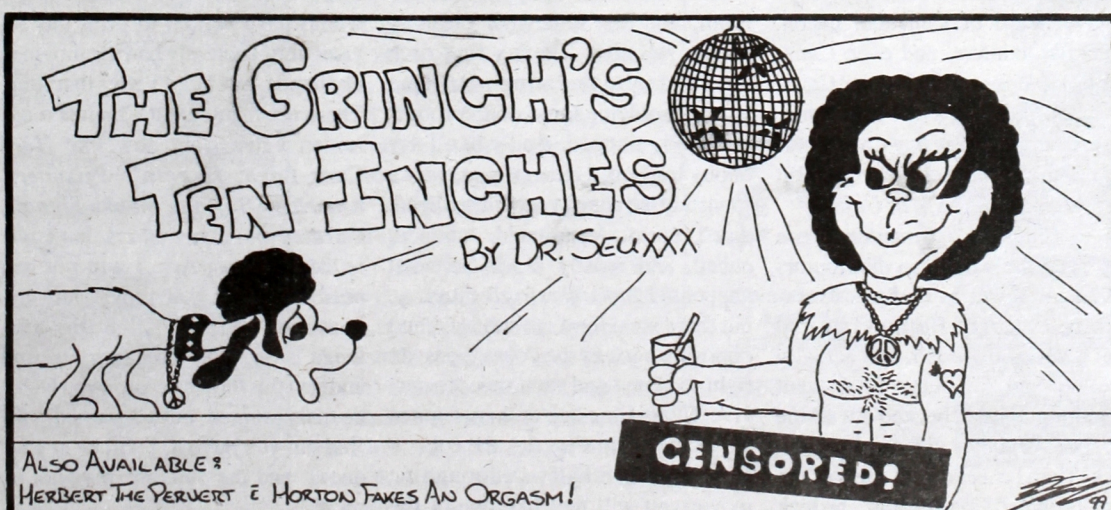
- 1) Cats coming and going at all hours of the night
- 2) Milk Bowls strewn all over the yard
- 3) The sick, sadistic call of "Here kitty, kitty, kitty"

These cats need your help today! Why should a cat have to lower themselves to this level just for a few hits of catnip? These cats can be turned around with your donation of just 25 cents a day. With your donation you will get pictures of your adopted cat, weekly updates on their re-entry into society, and for a few cents more you can even receive the S.A.F.E. newsletter, *Kitty Litter*, which outlines new ideas for the battle against Kitten Porn and inspirational stories of cats who have turned their lives around. For more information or to make a donation write to:

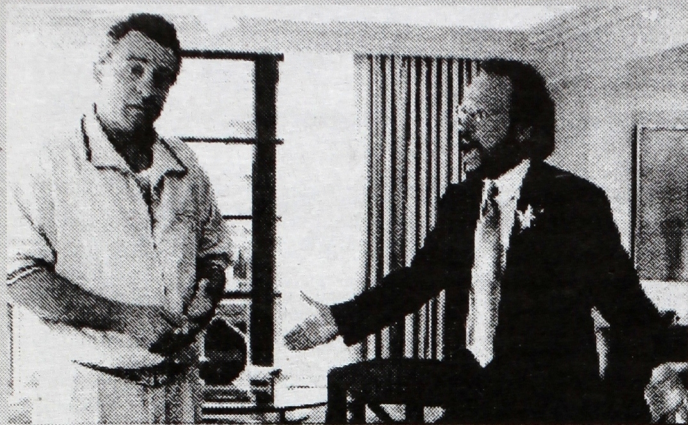
S.A.F.E., 69 Ramsey Lake Rd. Sudbury ON, CAN J0B

OVERLOAD

BY MAT THOMPSON



Analyze This



by Karen McKinley
Contributor

Anyone who is looking for a change from the usual teenage, badly written, horribly acted relationship flicks currently out now, your time has come. *Analyze This* is a damn good comedy and I loved every minute of it! This flick was tailor-made for those who love mob movies and subtle comedy.

The story of *Analyze This* surrounds New York gangster Paul Vitti (Robert DeNiro) who is the typical gangster, beating up punks and dodging hits from rival gang boss Sindone (Chazz Palminteri). Vitti's real problems begin when he is about to become the head of his crime family and attend a big meeting with all of America's major crime bosses. He can't concentrate, has weird dreams and panic attacks and doesn't know why. If anyone in the underworld finds this out, he's dead. Enter Dr. Ben Sobol (Billy Crystal), a psychiatrist who is so desperate to not be like his famous father (who is also a psychiatrist) he treats clients that have problems that are so idiotic they would be better off appearing on *Jerry Springer*. Ben's life was a quiet one until he rear-ended a sedan driven by Paul's Underboss Jelly (Joe Viterelli) with a gangster in the trunk. Jelly then takes the doctor's card and introduces Paul to Ben. After one impromptu session, Paul is convinced Ben is the only one who can help him and forces Ben to treat him. This, of course, conflicts with Ben's impending marriage to Laura (Lisa Kudrow), his business and his safety.

Analyze This would have been totally boring if it weren't for the exchanges between Robert DeNiro (*Great Expectations*) and Billy Crystal (*My Giant*). They play off each other perfectly as total opposites with Robert DeNiro as the aggressive gangster and Billy Crystal as the frightened doctor trying to treat him without pissing him off. There are some really funny scenes involving The Oedipus Complex and anger management (instead of hitting a pillow, DeNiro unloads a clip into it). There are also some scenes dealing with Paul's relationship to his father which end up defining the rest of the movie.

While I was watching this movie I got a real surprise, Robert DeNiro actually cried. The last time I saw him cry was in *Goodfellas* and that wasn't an all-out tear-fest. It was refreshing to see an actor who has built a reputation for being so stoic finally show some raw emotion. On the other hand, the worst actress was Lisa Kudrow (*Friends*) who spent most of the movie whining about marriage delays and acting like a prima donna. It would have helped if she was shot by one of Paul's hitmen to put me out of my misery.

Analyze This, although having some violent scenes (it is a mob movie) is a good comedy. Robert DeNiro and Billy Crystal balance the plot perfectly. So, if you want to see a movie that won't assault your senses or insult your intelligence, *Analyze This* is perfect.

Top Ten Jerry Springer Episodes Never Seen Before

10. Lesbian bikers who work at soup kitchens by day, and hunt the homeless at night with razor sharp licorice whips.
9. Former child television stars addicted to Kraft Dinner and Faygo.
8. Devil worshipping toddlers who love Telletubbies.
7. You took my man but I want you instead.
6. Sex secrets of the SGA!
5. Blind bouncers who work in strip clubs and don't even know it!
4. Men who fell in love (literally) with their girlfriends pet snake.
3. Overweight belly-dancers who can only sleep in bathtubs filled with lime Jell-O.
2. I am the reincarnation of an outhouse cleaner from the turn of the century and I want everyone to know it!
1. I lost my girlfriend, who I was cheating on with another man, to another woman and I just found out that our other partners are married and run a cult in Saskatchewan that raise nocturnal duck-billed platypus' and worship the movies of Bruce Campbell believing that one day he will emerge from the movie screen and lead them into a utopia filled with Skittles and Tootsie Roll flavored toilet paper!

ATTACK OF THE CHEESE

BULLETS AND BLOOD AND GORE... OH MY!

by Mat Thompson
Entertainment Editor

There hasn't been an installment of *Attack of the Cheese* in *Lambda* for almost a year, but there is no other way to review *Mean Guns* without a little fromage! There are only three elements that make up this hidden slice of movie mayhem; 1) Senseless Violence, 2) Corny Acting, and 3) Cheese, cheese and more cheese!

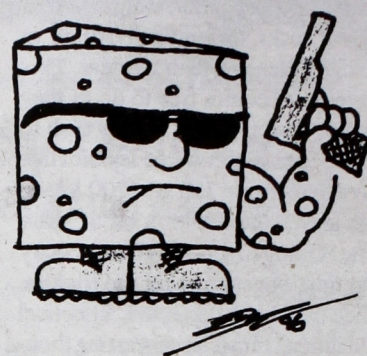
Mean Guns is one of those single rentals in the new release section that your girlfriend gives you a dirty look for even suggesting while she tries to convince you *The Horse Whisperer* is really a guy movie. When I went to the video store I wanted an action movie! I looked and looked and finally *Mean Guns* caught my eye. I figured with Ice-T (*New Jack City*) and Christopher Lambert (*The Highlander*), the movie should have some good action scenes. To my surprise, this movie has more action than everything Stallone, Schwarzenegger and Van Damme have made put together! *Mean Guns* is non-stop action from the start.

The story of *Mean Guns* is simple. Ice-T is the head of *The Syndicate*. Somehow, *The Syndicate* was contracted to build a new maximum security prison in Los Angeles. The night before the grand opening, Moon (Ice-T) lures over one hundred of the country's best hitmen to the jail. Once inside they are stripped of their guns

and given cards explaining exactly what they have done to piss off *The Syndicate*. They are then instructed that there is ten million dollars hidden in the jail somewhere, and the last three standing will split the money and walk away. They are then given a shitload of guns, bullets and baseball bats and told to survive. More bullets fly within the first five minutes of the competition than in any movie ever. Some hitmen team up, some go it alone, and almost everyone back-stabs (or back-shoots) someone along the way. All the while, *The Syndicate* is watching on close-circuit televisions.

When I say this movie is non-stop violence, I am not doing it justice! You cannot go one minute without seeing at least three people killed. There are more bullets flying in this movie than you can imagine. Not to be cliché, but this is a total guy movie. It has all the elements. There is an over the top underworld leader (Ice-T), hitmen (about one hundred), only two women (one who plays the helpless bimbo and one who is a lethal killer who looks like a supermodel), and of course the one man who is just there for the fun of killing (Christopher Lambert). What more could a guy ask for? There are cheese one liners all the way through, guns that never seem to need to be reloaded, and dumb-ass criminals that get killed extremely easily for being professional killers.

The cheesiest part of the movie



(other than the acting and story) is the fact that Lou (Christopher Lambert) has left his six year old daughter outside in his car. He randomly checks on her and tells her that he has to kill the bad guys to "do right by her". She of course trusts other men and ends up telling one of the other hitmen to "kill that son of a bitch" (Lou). The whole movie leads up to one final showdown, which seems like it will be as good as the rest of the movie. Four men, four guns and they draw on the count of three. I won't tell you what happens, but you will be surprised, and maybe a little disappointed, but a movie like this can't be expected to have a typical Hollywood ending.

If you are looking for *Mean Guns*, it is only available in a few video stores around town. Although it is one of the single rentals, it is worth checking out just for the mindless violence and cheesy storyline. All it needs is Roddy Piper in the movie and it would be the perfect piece of cheese. Check it out!

Raiders of the Lost Cube

by Mat Thompson
Entertainment Editor

Okay, it has been almost two years since I went to Cinefest and saw one of the coolest science-fiction movies ever made. I guaranteed that this movie would be the best movie of the week before I even saw it, and I was right. I knew that *Cube* was going to blow the audience away, and it did. So after one quick screening in front of about seventy people, *Cube* seems to have dropped off the face of the earth!

It was September of 1997 that I first saw *Cube*. Then in March of 1998 I received a tentative release date from Cineplex Odeon Pictures that said that it was being released in theatres that month (never happened). Then in October I saw a review for it in *Entertainment Weekly*. Of course, they panned the movie claiming it was typical Canadian Sci-Fi. What the hell is Canadian Sci-Fi anyway? I have heard of Canadian bacon, Canadian winters, and even Canadian Maple Syrup, but never Canadian Sci-Fi. Being a true blue Canadian, I can safely say that Canada has no claim on the Sci-Fi genre. But enough of that... back to *Cube*.

Cinescreen, Cineplex Odeon and even the American distributors all let me down as *Cube* never returned to Sudbury. But now I am told that *Cube* is on video, and actually available in Sudbury. So I went searching. First I checked out all the local convenience video stores... no luck. Then I checked out a few of the locally owned video chains... no luck

(and they claim to carry the best selection of Cinefest movies around). So then I went to where the big boys rent. That's right. The corporate giants who guarantee to have certain movies in stock and even have their own award show. So was I lucky? Almost. Out on Lasalle, they do have the box for *Cube* in their 'Canadiana' section. But for the last few weeks, no movie. I swear they are trying to torture me!

If you don't know the story behind *Cube*, here's the run down. In the beginning of the movie, six ordinary people wake up in different rooms. All these rooms are identical with an exit on each of the four walls, the ceiling, and the floor. Each exit takes the person into another room, exactly the same as the last, except for color. There are six different colored rooms, six ways out of each room, and six somewhat ordinary people stranded. The six find each other and try to find an exit, but there is one problem, some of the rooms are booby trapped. And when I say booby trapped, I mean if you enter a room that is trapped you will be sliced, diced, burnt, decapitated, subdued, cubed, and mostly dead! So what happens? I don't want to give it away, but there is no food, no sunlight, and opposing egos as the courageous six fight the cube and each other to survive. Every time one of them figures out a clue on how to trick the cube, it gets harder. Buy half way through the movie you will feel like one of the

trapped people as you try to figure out the tricks and traps of the cube.

So are you interested? I would hope so. I have never been so adamant about finding a movie on video since I searched for three and a half years to get a copy of *Deathrace 2000*. *Cube* has everything you want in a good movie. The plot keeps you thinking, the action doesn't get dull, and there are some pretty gory deaths for the blood freaks in the audience. Within the first two minutes of the movie you see an old cube prisoner sliced into about one thousand perfect cubes as if pushed through a razor sharp screen. The cool part is it takes a few seconds before he starts falling apart, piece by piece.

After reading over this review, I don't even know my logic in telling you about *Cube*. If I had actually thought about what I was doing I would have waited to print this review until I actually had the movie in my hands, but I can't wait that long. There are many great Cinefest movies on video right now like *Hard Core Logo*, *Heaven's Prisoners*, *American Buffalo*, *Smoke Signals*, *Curdled* and many others, but *Cube* is like the Lost Ark. I will not rest until I can get that movie into my house and into my VCR. So the challenge is on. You too can try to find and rent this movie because you won't be disappointed, but be warned... if I find out you have it, I will be at your door... and the outcome may not be pretty!

THE MUSIC BEAT...

REVIEWS BY MAT THOMPSON,
ENTERTAINMENT EDITOR



The Molestics - *Manufacturing Hokum*

"It's 20's jazz ahead of it's time," **The Molestics'** bio and disc claim over and over, but I would have to say "It's 90's ragtime lost in the mix." The music is jazzy, boppy, and full of energy, but there is something missing. I can't put my finger on it, but the music seems a little hollow.

Don't get me wrong, **The Molestics** are good if you are into the more classic sounding jazz style with a little 90's energy thrown in. The best way to explain **The Molestics'** sound is **Moxy Fruvous** without the sense of humor. The songs sound pretty close, but the lyrics are not funny. Actually the songs are very repetitive, sometimes even redundant.

I don't want to get to down on these guys because they are trying to break out with a sound that really hasn't been established in this modern era of music. They will be playing at the Townhouse on March 19th, and I am going to check them out as they have somewhat peaked my interest. Check them out, just keep an open mind.



Joe Henry - *Fuse*

It is always the interesting bands that I receive no information on. Now I saw Joe Henry on *Rosie* last week and the next day I received the disc. Of course this had happened in a different order, I would have listened to his interview. So instead, the music will have to speak for itself.

Amazingly, I don't need anything other than **Joe Henry's** music to know that this is a great album. He seems to pick up where **Tom Petty** has left off and run with the ball. His music has a very airy sound to it, with great blues guitar work floating through. **Joe Henry** can't really be put into one particular music style, but if you had to, he would be a more classic rock/blues man with a modern edge. You have to hear the music to know what I mean, but if you like **Tom Petty**, you will love **Joe Henry**!

The album *Fuse* is available now and a must hear. There is something about **Joe Henry's** music that makes you want to hear more. Once you put this album on, you won't ever want to turn it off!

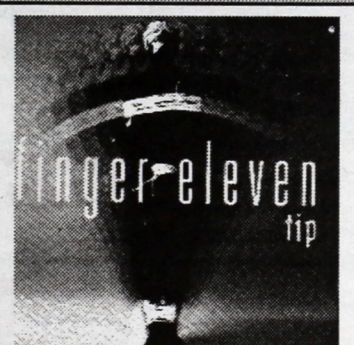


Annie Gallup - *Courage My Love*

I am trying to be objective here, but it's hard to when you're laughing. I promised myself I would be more open to new styles of music, but sometimes they make it so damn hard to be nice.

Annie Gallup is a very strange folk-type singer who seems to be about fifteen years too late with her style. I was told she was a mix of **Jewel**, **Tori Amos** and **Alanis**, but I would have to say she is more like **Suzane Vega** stuck in a seedy little poetry bar. The album is very 80's folk-like with **Annie** talking her way through songs, and even doing some spoken word work that is more humorous than serious. A few of the songs remind me more of the *Schoolhouse Rock* style of story telling.

Annie Gallup is heading on a Canadian tour this spring and summer, so be warned. Unless you are a fan of extremely experimental poetry/folk, maybe seeing a movie would be better!



Finger Eleven - *Tip*

Never heard of **Finger Eleven**? Think again. **Finger Eleven** is the new name for the band formerly know as the **Rainbow Butt Monkeys**. After a change in drummers, management and record labels, the *Butt-boys* decided that a change of name was needed.

There is really nothing new about this album. The band's sound has become darker and a little harder, but it is still basically the same old stuff. **Tea Party**, **Econoline Crush**, **Finger Eleven**... it's all the same. Don't get me wrong, the band is good, but there is nothing about the album that makes you sit back and say "WOW". You would figure that after such drastic changes to the band that they would go for a new sound, but it just sounds like louder **Butt Monkeys**.

The fist single *Above* is a pretty good song, but it will easily be lost in the alternative tidal wave that that is still swamping radio airwaves. Not to get too down on the band, they are good, but nothing special. **Finger Eleven** is just another alternative band that may never really break through the surface.

EXAMS ARE COMING...



Focus on your future.

Human Resources Management Post Diploma Program

GAIN THE ADVANTAGES of 8 months of focussed training in Human Resources Management.

- All courses are accredited by the Human Resources Professionals Association of Ontario (HRPAO)
- One of few identified management specialties where demand is growing
- Program designed for degree/diploma holding students
- Special scholarships and bursaries are available to qualified applicants

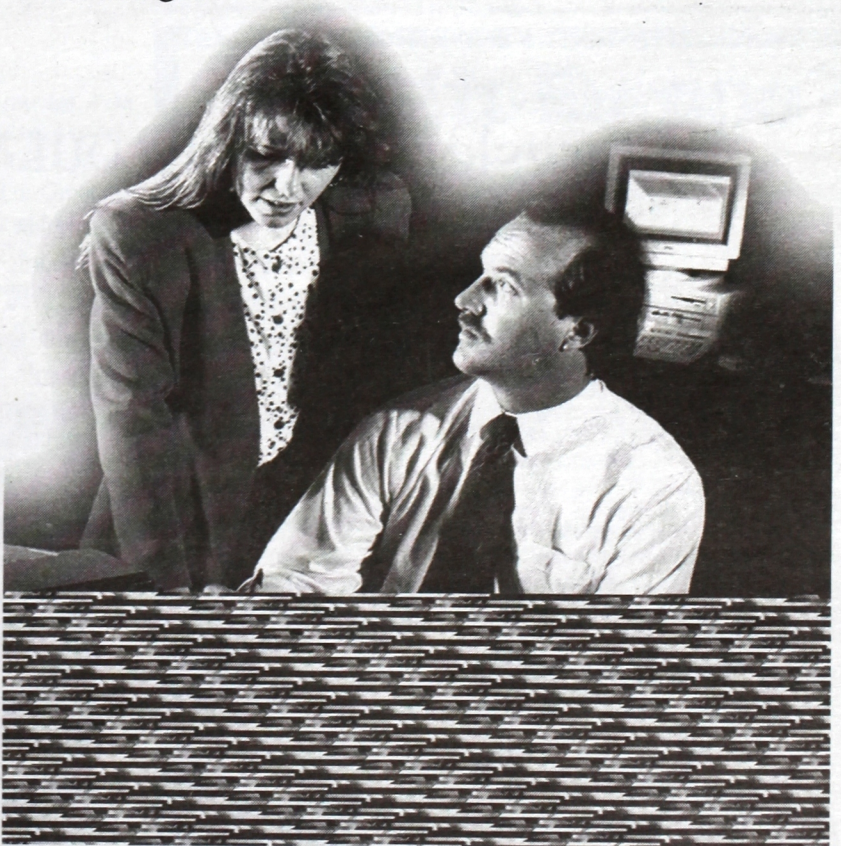
We look forward to answering your questions. For more information on the program, its requirements, and start dates, please contact us.

School of Business, Media, Information Technology Cambrian College

Telephone: (705) 566-8101, extension 7242

Facsimile: (705) 524-8469

E-mail: cbgaunt@cambrianc.on.ca



Cambrian College
of Applied Arts
and Technology

1400 Barrydowne Rd.
Sudbury, Ontario
P3A 3V8
(705) 566-8101

You got where you are with hard work and smarts.



Jeep® TJ

Plymouth
Voyager

Dodge Dakota

Neon 2000


\$750
GRAD REBATE

Chrysler can help out with your driving ambition.

As a recent graduate, you're on the road to success. We would like to help take you the rest of the way by offering \$750 towards the purchase or lease of a new Chrysler or Jeep® vehicle.* That's \$750 in addition to most current Chrysler incentives. If you finance with Chrysler Credit Canada, we'll also defer your first three months payments!*

And with a world-class lineup of vehicles to choose from, we clearly

offer something for everyone. Whether you're looking for the off-road excitement of a Jeep®, the rugged performance of a Dodge Truck, the roominess of a minivan or the redesigned and refined Chrysler Neon 2000, we've got a vehicle that'll take you wherever you want to go. What's more, you could win a \$5000 travel voucher just for sharing your smarts with us. For details, simply visit us on-line at www.chryslercanada.ca

*Excluding Prowler and Viper. *Some restrictions apply. See your retailer for details. This \$750 Grad Rebate is available to all college or university undergraduates and postgraduates who have graduated or will graduate between October 1, 1996, and September 30, 1999, and all currently enrolled master's and doctoral students, regardless of final graduation date. © Jeep is a registered trade mark licensed to Chrysler Canada Ltd.

For more information, visit your nearest Chrysler Retailer. Or, hit www.chryslercanada.ca or call 1-800-361-3700.

**CHRYSLER
CANADA**

Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Asst. Entertainment Editor

Lost in the Translation

<http://hearsay.simplent.com/translation/index.htm>

Basically, this site is a listing of some foreign attempts to translate their signs, ads, packaging, movie lines, and so forth into English. Note that I said "attempts", because the lines listed are just that...failed attempts. For example, a sign over an Osaka, Japan pet store reads "Fondle dogs", and a menu in China offers "Cold shredded children and sea blubber in spicy sauce". While this site doesn't have all that many mistranslations, there are enough to make visiting it worthwhile.

The Ventura Files

<http://www.venturafiles.com/>

From the wrestling ring to the political ring, Jesse "The Body" Ventura has had the funkiest rise to power since Reagan's ascension from "Bedtime For Bonzo" to incoherently vacuous American leader. And the best part is Ventura has only toned down just enough to get his ass into the Governorship of Minnesota...but beyond that, he's still the same punkass that he was in the WWF. I mean, spouting things like "Being able to put two rounds into the same hole from 25 meters! That's gun control", "I've done way more stupid things on alcohol than I have on pot" and "It's good to be the king" are something you'd expect from Wrestling-Era Ventura, not Governor-Era Ventura. But hey, that's the way it is, and it's nice to see conservative American politicians collectively wetting their pants over The Body (or as he calls himself now, The Mind) winning his governorship. Okay, enough ranting...This site is a on-going tribute to Ventura as the governor, with a running collection of Ventura-related quotes, pictures, news bits, rumors, and even a list of Ventura links. If ever there's anything you wanted to know about Minnesota's new governor, then this place is what you're looking for. And if you plain don't care about "a great big honking bullet-headed shovel-faced mutha who talks in a steroid growl and doesn't stop" winning the head of an American state and potentially the Presidency, then I don't want you reading my column. G'wan, get outta here.

FBI's Freedom of Information Electronic Reading Room

<http://www.fbi.gov/foipa/main.htm>

You gotta love Liberals in the White House. I mean, not only do they go about kicking Rush Limbaugh in his ample stomach, they occasionally produce beautiful little bits of legislation, such as the Freedom of Information Act. Thanks to the FOIA, and the advent of the Internet, the public now has access to all sorts of top-secret, high-level FBI case files and other fun stuff. This site is, as the title suggests, a Reading Room of sorts, in which you can download tons of old FBI files on a large number things, ranging from Frank Sinatra to the St. Valentine's Day Massacre to UFOs, Roswell, and more. I don't think I need to explain WHY you should visit this site.

Cult of the Dead Cow: <http://www.10pht.com/cdc.html>

A page made by some of the first hackers that ever were, it's supposed to be for other hackers. This is the kind of page that possesses that exact degree of cyber-cynicism that hundreds of thousands of other page creators have attempted to imitate. Normally I wouldn't bother mentioning a page like this, but I highly suggest that lovers of all things alternative check out their file archives. It is just PACKED with amazing alternative literature. Okay, so a lot of it is obviously written by some lonely guys, but there is a lot of great mind-altering stories floating among them, you just have to find them. Trust me, it's worth it.

Dogpile: <http://www.dogpile.com>

The one thing I hate about searching for things on the 'net, other than the fact that what ever you type comes up with a handful of porn sites (I mean, typing "shoe" is liable to find you a few dozen sites involving foot fetishes or something), is the fact that you usually have to use a half dozen different search engines before you can get what you want. Well this site cuts out the middle man and checks through more than a dozen search engines all at once. Fraggin' useful!

Steps in Overcoming Masturbation: <http://paranoia.com/~fraterk/stopit.html>

Having problems leaving your room? Think you might have a problem? Pay a visit to this page. This site attempts to help you break away from the big M word, giving a bunch of steps to follow and tips to try and cut down. It has some religious overtones, but what do you expect? It's good for a laugh if nothing else.

Internet Movie Database: <http://us.imdb.com/>

This site is the definitive Internet movie site. It's a freaking HUGE database, with more than 125 000 movies. You can sift through this site using a million different search strings, either with the movie/TV name, character's name, cast's name, or even a quote from the show, the plot, or any number of other things. This site also has the complete list of Academy Award winners from 1927 to the present, as well as columns on daily Hollywood events. Great for settling arguments ("See? I told ya Ernest Borgnine starred in Morally Liberated Amazon Women From Mars...")



Sickest Joke Ever!

A rather attractive woman goes up to the bar in a quiet rural pub. She gestures alluringly to the bartender who immediately comes over. When he arrives, she seductively signals that he should bring his face close to hers. When he does so, she begins to gently caress his beard which is full and bushy.

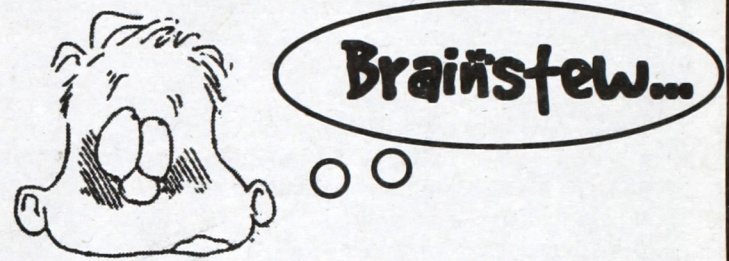
"Are you the manager?" she asks, softly stroking his face with both hands.

"Actually, no," he replies.

"Can you get him for me? I need to speak to him," she says, running her hands up beyond his beard into his hair.

"I'm afraid I can't," breathes the bartender, clearly aroused by the woman. "Is there anything I can do for you?"

"Yes there is. I need you to give him a message for me," she continues huskily, popping a couple of fingers into his mouth and allowing him to suck them gently. "Tell him there is no toilet paper in the ladies bathroom!"



- The Pillsbury Doughboy seems way too happy for having no genitalia
- When something is 'new and improved', which is it? If it is new, then there hasn't been anything like it before. If it's improved, then there had to be something to be improved on. Pick one!

- People who are willing to get off their ass and search a whole room for the remote control just so they don't have to get up and change the channel manually.

- The Norwich Life commercial where the old guy answers the phone, says hello, then immediately tells his wife, "It's Patrick! He bought life insurance!" How the hell did Patrick find the time to tell you he bought life insurance, Pops? You barely even breathed between "hello" and "It's Patrick." And why the hell is your wife asking you questions on big pieces of bristol board? Is she addicted to Pictionary or just a little strange?

- When people say "you want to have your cake and eat it too." No shit! Why the hell would you want to have a piece of cake if you can't eat it? Do you want me to eat someone else's cake while mine sits there?

- When people say "It's always the last place you look." Of course it is because you just found it. Why would you keep looking after you found something? Do people actually do this? Usually once I find something, that's the last place I am going to look for it!

- When people repeat a line for you from a movie that just went by or they say "did you see that?" No, you moron, I actually paid \$7.50 to sit in the theatre and stare at that thing on the wall and hope you would repeat all the funny things to me. What the hell did you come here for?

- The radio ad "Hi. I'm Jeff Healey from The Jeff Healey Band. Don't Drink and Drive... I don't." Well Mr. Healey, I hope you don't drive sober either. How many fingers am I holding up? You're blind!!!

- People who point to their wrist when asking for the time. I know where my watch is buddy, where the @#\$% is yours? Do I point at my crotch when I ask where the bathroom is?

Going to Europe?

So are we... Since 1969
and have been

We began making travel affordable for students 30 years ago... and we're still doing it today!

Buy This:
Student Class™ airfare
Bon Voyage™ travel insurance
Eurail or Britrail pass
ISIC (International Student Identity Card)
Get This FREE:
\$80 value
• 1999 Let's Go Europe Guidebook
• Travel Journal
• Collapsible 1 litre water bottle
• Money belt
• Laundry bag
• A night at the Pink Palace
• And a PEZ

All 4 items must be purchased by March 31/99.
See Travel CUTS/Voyages Campus for complete details.



673-1401
New Student Centre, SCE-234

Owned and operated by the Canadian Federation of Students

M
A
R
C
H

SGA
AGE

SGA GENERAL ELECTIONS Élections Générales de l'AGE Jamie Wylie, President Todd Bosak, VP Student Issues Mark Solomon, VP Services Senators: Peter Bonish, Stephane Duschene, Johanna McLellan Off Campus Reps: Monique Audette, Greg MacDonald and Lisa Renaud <i>Congratulations to all!</i>	
6 KARAOKE IN THE PUB	TAX SERVICE by appt on Wednesdays or drop off service, ready in 48 hours SGA \$25 nonSGA \$35 plus tax
9-11 Elders' Conference at Canisius Hall contact NSA ext.3004	GRADUATION PHOTOS Wed-Frid 3-5, 10-12, 24-26 CALL THE SGA OFFICE AT 673-6547 FOR APPOINTMENT
13 Mike's Hard Lemonade BEACH PARTY 8 Pm PUB	23 STUDENT STRIKE 7am Picket starts at both entrances 11am Rally with bbq MOST if not all classes will not be running! FREEZE TUITION NOW for more information / pour plus d'informations / call/composer 673-6547 in/au SCE212
27 NSA Semi Formal at Science North call ext.3004 for more info.	
31 FREE Legal Aid Aide Judiciaire GRATUIT 1-4pm call for appt.	

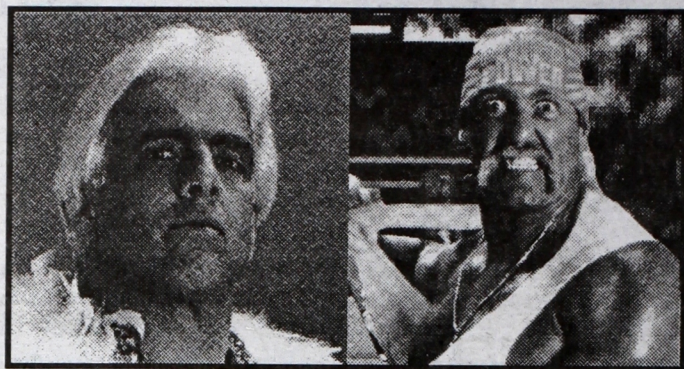
SGA
AGE

M
A
R
C
H

Off The Top Rope

Not The Draw They Used To Be!

If you caught the two latest WCW pay-per-views, you will know exactly where I am coming from with this column. The main event for two months straight in the WCW has been the battle between



to the opponents' shots. It was pathetic to see since you could tell that he was trying anything to hang on to the crowd. And Flair, who has become the most respected

Hollywood Hulk Hogan and The Nature Boy Ric Flair. Now I remember back in the 80's when I thought that a match between these two would be the match to end all matches. Hulk ruled the WWF and Flair was the immortal champion of the NWA. Both ruled their federations and never the twain should meet. That was until McMahon went on a rampage, crushing every federation that he didn't own. Flair then went to the WWF and the belt jumped from his and Hogan's waists on a weekly basis.

The matches weren't that bad, but they never really lived up to the hype. A few years later, Flair returned to his old stomping grounds, now named the WCW and ruled the ring. In an attempt to bring more fans in, the WCW hired Hogan and in his first match he defeated Flair for the WCW title. The match sucked, as did most of their matches. For the last few years the Hogan/Flair battle has fallen to the background, but now with the resurgence of The Four Horsemen and no one else to challenge Hogan's supremacy, Flair has

returned to the spotlight.

Just this last weekend the two battled it out in one of the most confusing matches ever. They were put in a steel cage and the fans were told it was a 'first blood' match. Within minutes Flair was gushing blood from his forehead... but the match went on. Hogan was then split open and bleeding like a stuck pig... but the match went on. Hogan tried to pin Flair on numerous occasions but the ref kept telling him it was not a pinfall match. Hogan then proceeded to beat Flair until Flair knocked him out with a tire iron, put him in the figure-four and then pinned him for a three count. Now if I'm not mistaken, there weren't supposed to be any pinfalls, and Flair bled first. I hate Hogan, but he should have won.

Probably the most pathetic part of the match was the fact that these two wrestlers had to delve back into their 1980's personalities to get the crowd excited about what they were seeing. Hogan started to call to the crowd, then did the classic 'Hulk up' in which he becomes impervious

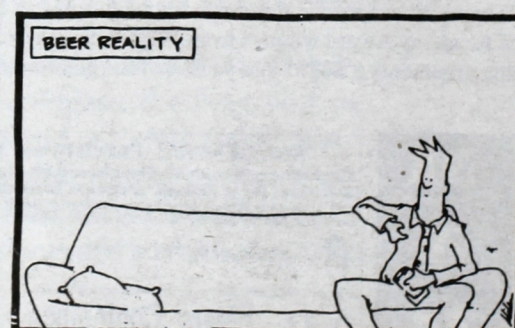
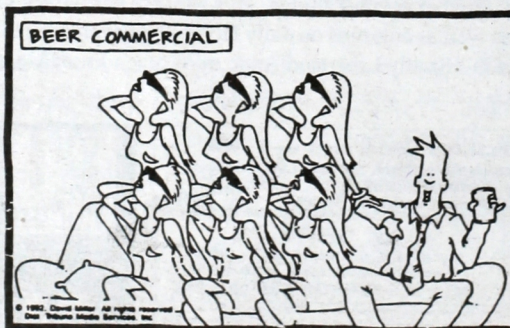
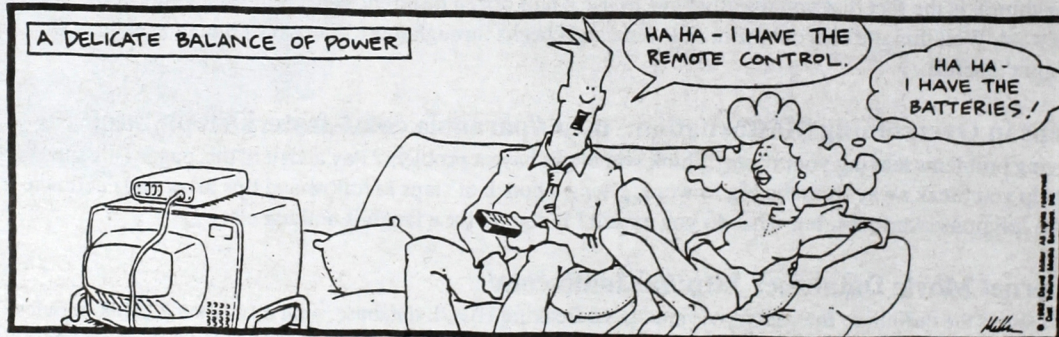
man in sports entertainment had to go back to the old days of needing Arn Anderson to cheat for him to win a title. It just wasn't good.

I have said this many times before, and I will say it again... there are many young, talented wrestlers who if given the chance can be just as big a draw as the old-timers were. The fans love a little nostalgia once in a while, but when the old-timers start hitting each other with their walkers in the ring, it gets pathetic. Would you pay to see guys like Nikolai Volkoff, Jimmy Snuka, Pat Patterson, or Dusty Rhodes wrestle in a main event? Neither would I. So why does the WCW still think that the old timers are so interesting? Sure we love to see our old favorites once in a while, but when they are the main card attraction over guys like Bret Hart, Sting, Kevin Nash, Booker T, Scott Steiner and others it just shows there is something wrong. The heads of the two federations should step down and let a younger generation take over. We know what we want to see, and it isn't Flair vs. Hogan anymore!

COMICS



Dave
by David Miller



- FACT:** It is a well known fact in Hollywood that if you were to watch the Friday the 13th movies in the order of numbers 1-9-4-7-3-6-8-5-2 you would be really lost and not be able to follow the story properly!

"AS PRIME MINISTER" AWARDS

What would I do
if I had
\$20,000?

What would I do
if I were
Prime Minister?

**If you're a Canadian college,
university or CÉGEP student**

TELL US...

**If you were the Prime Minister of Canada,
what political vision would you offer
to improve our living standards?**

AND WIN

1 x \$20,000 ✦ 9 x \$10,000 ✦ 50 x \$500
Internships ✦ National Exposure

Essay deadline is June 15, 1999.

Details: **www.asprimeminister.com**
or **1-800-97-MAGNA**

THINK OUTSIDE THE BOX



MAGNA FOR CANADA
SCHOLARSHIP FUND
MAGNA POUR LE CANADA
BOURSES D'ÉTUDES

IN ASSOCIATION WITH THE
NATIONAL POST

World Soccer News

by Takis Zervas
Columnist

Greetings to all soccer fanatics, hooligans, and yes, to all of you not so hot-blooded fans. This week's feature includes the latest news, and for gossip minded folks out there, the latest rumours in the soccer world.

Times indeed are changing and perhaps national pride is too. Why in the world is former German national team captain, Juergen Klinsmann, dressed in U.S. training attire and practicing with the U.S. national men's soccer team? Klinsmann, who retired from soccer after the 1998 World Cup, moved to the United States with his American wife and lives twenty minutes from the U.S. training site at UCLA. The location is also where the university prepares for their annual U.S. Cup exhibition tournament. "He was like everybody else", U.S. Soccer Federation press officer Brian Remedi said. "We had some fans watching and they didn't even recognize him. He was very low-key."

In England, Kevin Keegan, division two Fulham manager, will take over the English side on a temporary basis, seeing through the next four matches in a bid to qualify for the European Championship in 2000. Keegan, a highly respected manager is perhaps the man for the job but will the players really want a manager whose commitment stretches to only four matches? If so, it is not the best

way to prepare for their run at the European championships. In the English Premiership, Arsenal's French striker, Nicolas Anelka, insisted that he is content at staying at Highbury despite attempts by Marseille to lure the international striker to France. Liverpool midfielder, Steve McManaman has signed a five year deal to play in Spain next season with the powerhouse Real Madrid. Last week, the twenty-seven year old MacManaman did an eighteen hour stop over in Madrid to complete his medical, a meet and greet session, and of course signing his lucrative contract. However, Aston Villa striker Stan Collmore's future in the game is questionable after it was announced he is to continue psychiatric treatment. Collmore is still committed to the club and wants to stay but must overcome his uncontrollable mood swings.

In France, struggling PSG lost its second coach of the season when it replaced Artur Jorge with assistant coach Phillippe Bergeroo.

Finally, in Portugal, two of Benfica's top foreign players, Englishman Michael Thomas and Ukrainian Serguei Kandaurov clashed during a team practice, just days before a vital league match.

FIFA world rankings includes 1. Brazil, 2. France, 3. Italy, 4. Croatia, and 5. Germany at the top of the table.

That is what's making news in the world of soccer for this week Cheers to all.

OUA Sports Briefs

by Christian Mellin
Assistant Sports Editor

OUA Gatorade Female Athlete of the Week

From the University of Toronto track team, Lami Oyewumi won the 60m and the 300m sprints at the CIAU Championships in Montreal. The fourth year Arts student is a native of London Ontario.

OUA Gatorade Male Athlete of the Week

From the University of Western Ontario Mustangs, fourth year guard Micah Bourdeau takes home this week's honours. The London Ontario native contributed fourteen points, six rebounds, five assists and three steals in his team's win over Ryerson in the Wilson Cup Championship.

Western Mustangs Men's Basketball Team Advances to Halifax

The University of Western Ontario defeated Ryerson in the Wilson Cup final giving them the best seeded position amongst the Ontario universities at the CIAU Tournament in Halifax. Ryerson also qualifies as the OUA East winner, and McMaster slips in thanks to a wild card. Western will open the tournament with a game against St. Mary's.

In a baffling twist of fate, the wild card team McMaster plays the lesser ranked Victoria squad, while Ryerson faces off against the top ranked University of Alberta. I bet Ryerson is feeling more than a little annoyed, because after all they are the Ontario East winner.

UQTR Wins OUA Hockey Crown

UQTR defeated York University in the OUA hockey championship in Waterloo. The final score in the game was 7-0. York goalie Bob DaCosta went from being a hero to being a zero after his performance in the final. The game before he stopped fifty-two shots in York's overtime win over Windsor, demonstrating that a goalie is only as good as his last game. Good luck next year DaCosta! UQTR's goalie Luc Belanger displayed great skills in the shut out. The game helped to lower his goals against average to 0.75 per game.

Windsor Wins CIAU Women's Track Championships

The University of Windsor won the CIAU women's track championship this past weekend at McGill University. They finished the meet with 50.5 points, leading the second ranked U of T (with forty-two points) by 8.5 total points. On the men's side, Sherbrooke won followed closely by Windsor and York.

International Soccer Scores:

U.S.	Mexico 2-1 U.S.	(Mexico wins U.S. cup title)
Italy:	Juventus 2-1 Uddinese	(Juventus moves into fifth place in Serie A)
Spain:	Valencia 1-0 Real Betis	(Valencia, one point behind leader Barcelona)
England:	Man U 2-1 Newcastle	(Man Utd. stay four points at top of Premiership)

Quote of the week in the soccer world: "Why should I call for an investigation? I cannot open an inquiry on myself." (FIFA president, Sepp Blatter defending himself on Friday, on allegations he bought votes in his successful bid to become president of FIFA, world soccer's governing body).

In Person Women Soccer Registrations

March 24th and 25th from 7-9pm
at Sudbury Secondary, College Street entrance

Both competitive and recreational players welcome,
as well as any new sponsors.
Must be 19 and older.

Deadline for registration of new teams is
April 2nd, 99.

For more information contact
Nicole at 566-2060.



Voyageur Athlete of the Week



Aurora Native Wins Again...

Aaron Prieur has won the LU Males Athlete of the Week crown for three weeks running, as he placed third in the one-thousand metre race at the CIAU track championships in Montreal. In doing so he established a personal best and set a new school record for time (2:25.36). Aaron was also a part of the LU four by eight hundred metre relay team that placed eighth. Prieur is in his second year at LU, in the school of Human Kinetics, and he is also a member of LU's cross country team.

1999 Blue Jays Spring Training Report

by Christian Mellin
Assistant Sports Editor

As the 1998 season came to a close there was a renewed sense of optimism about the Blue Jays direction as a franchise. It seemed that the organization had finally turned around and for the first time in four years the players appeared to be at least moderately happy. From a fan's stand point, we finally had a team worth cheering for, and as Blue Jay fever infiltrated Toronto once again, the organization was shown that if they put a winning team on the field, people will attend the games. However, over the winter the Blue Jays management, led by the Inter-brew Company, decided that cost cutting should take precedent over winning. The results of that decision, combined with the Tim Johnson "Me lie" scandal may have cast a shadow over this season.

So far this spring training, reporters have been more concerned with the integrity of the 2nd year Jays skipper than they have been with the Jays speedy offense. Johnson knows that even though his team posted a winning record last year he still has to earn his job in spring training. The team the Jays have put together is a terrific balance of youth, power and speed; however the loss of such players as Roger Clemens and Jose Canseco have the media and fans alike calling foul.

Jose Canseco, the Blue Jays homerun and strikeout king of last year was given a minimal offer that

for the most part insulted him. He signed with The Tampa Bay Devil Rays and will be playing against the Jays in the 1999 season. Roger Clemens got a whiff of what the upper brass was shoveling and decided to jump ship. His trade request was at first ignored, then trivialized, and then finally acknowledged. As late as a week before the trade Gord Ash implied that Clemens would remain a Blue Jay even though the World Series starved Clemens kept saying that he felt the organization was going in the wrong direction and he wanted out.

For Ash, the prospect of shipping Clemens was a difficult one to swallow because Clemens had won two Cy Young awards in a row. He was a very difficult player to trade because nowadays players can not only tell management that they want to be traded, but they can also present a Christmas wish list of teams that they want to play for. Well, evidently winning two Cy Young awards in a row qualifies Roger as being nice, because he was shipped to the 1998 World Series Champion New York Yankees.

In return the Jays got the middle relief they were desperate for in lefty Graeme Lloyd; a promising young second baseman (with range . . . thank God) in Homer Bush; and a quality starter in Ex-Blue Jay David Wells. Truly the Jays did get a lot for Clemens, but many people feel they could have gotten more. Furthermore, questions remain as to why the Jays would want to trade for David

Wells, because not only was he very happy in New York, he was very unhappy when he played for the Jays in his previous stint.

Tim Johnson's over-use of Dan Plesac necessitated the acquisition of Lloyd. The lanky Australian is terrific out of the pen. Homer Bush is going to be the Jays second baseman of the future. His acquisition scared veteran Joey Cora off to the point where he announced his retirement two weeks into spring training.

Other off-season moves included shipping Woody 'I don't get no respect' Williams, along with RHP Carlos Almanzar and a minor league prospect to the San Diego Padres for RHP Joey Hamilton. Woody was tired of his reputation of being a six-inning pitcher. Apparently so were the Jays brass and they felt that a change of scenery might help the fatigue-prone veteran. In return the Jays get Joey Hamilton, who has a strong arm and will help to solidify the Jays' rotation.

Instead of signing the offensively devastating Canseco, the Jays countered with Cecil Fielder and Geronimo Berroa. Both players got their start in the Jays' organization, and were signed to dirt cheap (by Major league baseball's standards) contracts after having sub-par years. The Jays have had only bad luck with these kinds of signings in the past (other than Canseco) so hopefully these two will battle hard for the DH spot. Berroa is a more complete player when healthy, in that he can actually run. Fielder may have had a

devastating bat in the past but he is much in decline and could wear down half way through the season.

Overall, the Jays are still a good team. They have six everyday players that are under the age of twenty-six and a pitching staff that rivals the league's best. With a few hungry veterans playing to earn their spots it looks as though the Jays may have the right mix to contend for a

wild-card spot. Catching the Yankees is most definitely out of the question; however, the Jays should improve on their mark of 88-74 from last year.

With all that said and done here is a projected line-up for the 1999 Toronto Blue Jays. All new additions are in *Italics* and free agent signings, and minor league call-ups are so designated.

- 1) LF Shannon Stewart
- 2) CF Jose Cruz Jr.
- 3) RF Shawn Green
- 4) 1B Carlos Delgado
- 5) FA DH Cecil Fielder (Free agent)/Geronimo Berroa (Free agent)
- 6) CA Darrin Fletcher
- 7) 3B Tom Evans
- 8) 2B Homer Bush (trade with Yankees)
- 9) SS Alex Gonzalez

Bench

- 10) Willie Greene 3B/OF (Free agent)
- 11) Craig Grebeck 2B/SS
- 12) Tony Fernandez 2B/3B/SS
- 13) Kevin Brown C/1B, or Mike Matheny C (Free agent)
- 14) Wayne Kirby OF (Free agent) or Anthony Sanders OF (Triple A)

Pitching Staff

Starting Rotation

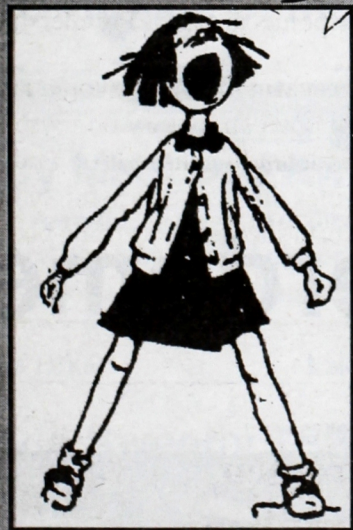
- 1) LHP David Wells (trade with Yankees)
- 2) RHP Pat Hentgen
- 3) RHP Joey Hamilton (trade with Padres)
- 4) RHP Chris Carpenter
- 5) RHP Kelvim Escobar

Bullpen

- 6) LHP Dan Plesac
- 7) LHP Graeme Lloyd (trade with Yankees)
- 8) RHP Robert Person
- 9) RHP Eric Ludwick (trade with Tigers)
- 10) RHP Bill Risley
- 11) RHP Dave Steib . . . hopefully.



LAST ONE ON THE
PICKET LINE IS A
BOARD OF GOVERNORS
MEMBER



JOIN THE PICKET

STUDENT STRIKE
Laurentian University
March 23, 1999

SGA
AGE



Picket starts at 7am &
lasts all day at both entrances

Rally at 11am
with BBQ afterwards

MOST if not all classes
will NOT be running

Why?

150% Increase in Tuition
over the past 10 years!

Possibility of another 10%
this year!

for more info call Todd at 673-6547
or AEF 673-6557 ALPS 673-6503

RESIST





Karen Vos exploits the Regina defense



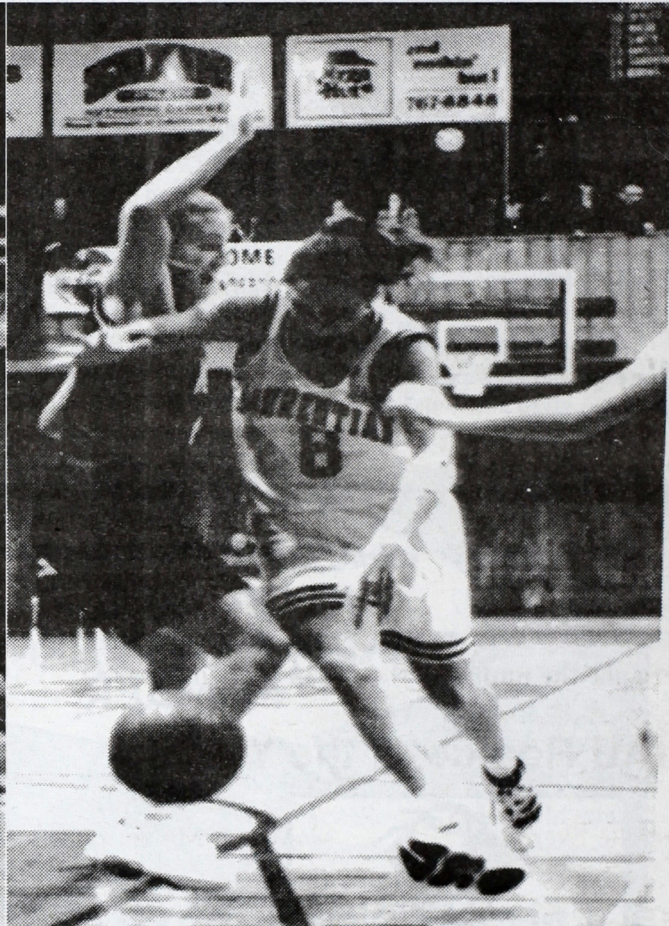
Shauna Conway going in to the basket against the Cougars



Clare Beatty sets up a play against the Pandas



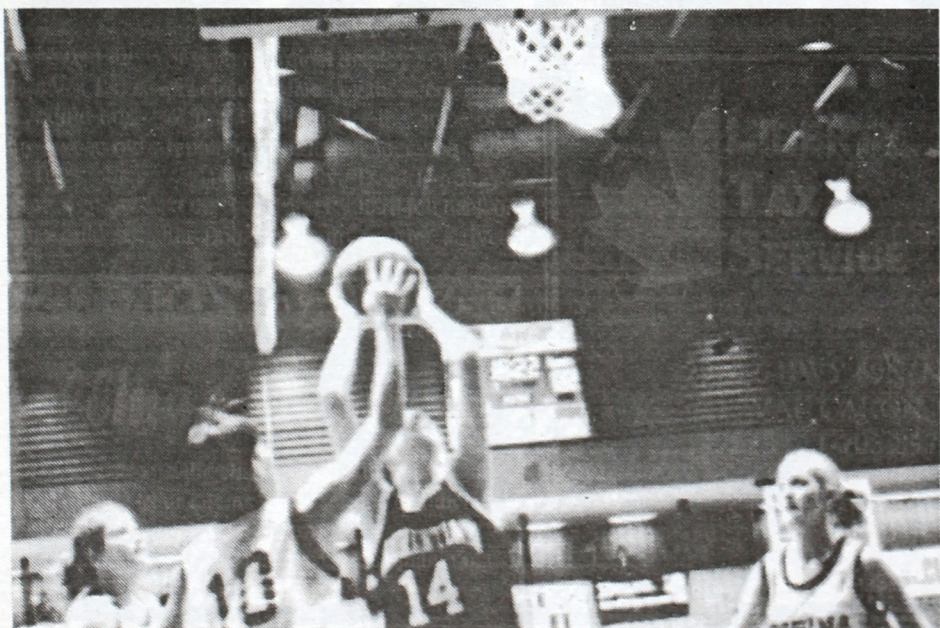
Chantal Gregoire shoots a free throw



Stephanie Desutter charges a neutral ball

The Lady Vees at the Thunderdome

Stephanie Harrison goes up for two



The tip-off against Regina



Stephanie Harrison: First Team All-Canadian

by Ryan Hanna
Sports Editor

Stephanie Harrison was the only Lady Vee to represent LU at the head table of this year's CIAU Women's Basketball Banquet. While many insiders were certain that she would be an All-Canadian, no one was sure that she would be elected first team.

When asked about her nomination, Harrison said: "I was second team last season, and my stats were better this year, so I guess it makes sense. My passing and rebounding were better, and I attracted more attention inside than last year. I was also stronger, and a lot more confident."

"John [Campbell] knew that I would be an All-Canadian before the banquet, but he didn't know if I would be first or second team. I was really amazed to find out that it was first team," Harrison said.

"It is good [to win], especially since I wasn't really recruited for basketball, and more for volleyball. I've learned so much in university, and I've had great coaches. I'm glad to have won it, especially for Peter and John."

Here are the names of the other All-Canadians:

First Team

Corrin Wersta	Regina Cougars
Stephanie Harrison	Laurentian Lady Vees
Jessica Mills	UBC Thunderbirds
Ann Smith	Manitoba Bisons
Leighann Doan	Calgary Dinosaurs

Second Team

Angela Hrkac	Lakehead Nor'Westers
Jennifer Johnson	UPEI Panthers
Erin Soroko	Winnipeg Wesmen
Carol-Anne Tull	Concordia Stingers
Jackie Simon	Alberta Pandas

All-Rookie Team

Danielle Everitt	McMaster Marauders
Lindsay Anderson	Victoria Vikes
Heidi Schwartz	Winnipeg Wesmen
Isabelle Grenier	Laval Rouge et Or
Mandi May Bond	Ryerson Rams

Here are the names of the major award winners:

CIAU Rookie of the Year

Danielle Everitt	McMaster Marauders
------------------	--------------------

Tracy MacLeod Award

Awarded to the most dedicated athlete of the year. Tracy MacLeod was a basketball player who had to wear a prosthesis as a result of a poorly diagnosed leg injury.

Angela Hrkac	Lakehead Nor'Westers
--------------	----------------------

Sylvia Sweeny TSN Award

For the best combination of athletics, academics and community involvement.

Rania Burns	Alberta Pandas
-------------	----------------

Nan Copp Award

In essence, the CIAU Player of the Year award. This commendation is named for a former referee and organizer of Women's Basketball. Voted on by the CIAU Coaches Association.

Corrin Wersta	Regina Cougars
---------------	----------------

Peter Ennis Coach of the Year

Kathy Shields	Victoria Vikes
---------------	----------------



Stephanie Harrison accepts her All-Canadian plaque.

Western Wins Wilson Cup

OUA - The Western Mustangs shot a blistering 61.4% from the field as they defeated the Ryerson Rams 87-70 to take the Wilson Cup and the OUA Basketball Championship. The Mustangs, winners of the West Division were led by the performance of guard Micah Bourdeau. Bourdeau scored fourteen points, pulled down six rebounds and added five assists and three steals, and was selected as the Kitch MacPherson Trophy winner as the game's outstanding player.

Nat Graham was the leading

scorer in the game with nineteen points. The well balanced Rams, champions of the East Division had all five starters in double figures and were led by Brian Smith's sixteen points.

Both teams advance to this week's CIAU Men's Basketball Championships in Halifax along with the McMaster Marauders, who were selected as one of two wild card entries. Ryerson opens the tournament against top ranked Alberta, while Western meets Saint Mary's and McMaster takes on Victoria.



In some places, burgers are foreign food.

Travel. Experience the world.



TRAVEL CUTS
Plugged-in to Student Travel
Since 1969

New Student Centre SCE - 234, 673-1401

Classified

For people struggling with alcohol abuse problems, there are informal meetings at the Canisius Hall (U of S) every Sunday at 8 pm.

Adoption - A happy toddler and his loving adoptive parents would like to adopt a second child. If you are pregnant and considering adoption please call 1-800-550-6350.

Home study completed.

Employment Services

Resume Relay Services takes the stress out of finding work!

We will use our extensive database to fax your resume to hundreds of companies within hours/overnight anywhere in Canada. 1-(800) 545-5069/ www.resumelay.com

TRAVEL - teach

English: 5 day/40hr

(Ott. May 19-23/Mtrl. July 21-25/Tor. May 12-16)

TESOL teacher cert. course (or correspondence).

1,000's of jobs avail.

FREE info pack

1-888-270-2941

Need custom clothes for your REZ FLOOR, club, faculty? Tearaway pants -9 different colours, hospital scrubs, T-shirts, hats...Free catalogue-call 1-888-400-5455.

TIME CONSTRAINTS?

Writer's block? Can't find the words or the right research materials you need? We can help!

WRITE: Custom Essay Service, 4 Collier Street, Suite 201, Toronto, Canada, M4W 1L7.

Call: (416) 960-9042.

Fax: (416) 960-0240.

Marg's ideal man...



He's blond, fun to snuggle with and a good listener. Here's hoping you'll find one a little bit taller... but not too tall!

Happy 22nd Birthday

From your loving friends & the "old one"

Lady Vees Finish Fourth After Loss to Varsity Reds

by Ryan Hanna
Sports Editor

The Laurentian Lady Vees could not overcome a half-time deficit, and were defeated 69-51 by the University of New Brunswick Varsity Reds on Sunday. The win gave the Reds the Bronze medal in the tournament, and relegated the Lady Vees to a fourth place finish on the season.

Stephanie Desutter and Shauna Conway led the Vees with twelve and ten points respectively. The overall Player of the Game was Laura Swift of the Reds, totaling seventeen points. She was surpassed in scoring by teammate Shelly Ryan, who had eighteen points. Swift was given the nod because she was a better rebounder against Laurentian..

Laurentian, who kept the game close early in the first half, played

well in the opening minutes. UNB picked up their pace, and were leading the Lady Vees by four points at the half. After the break, the Reds went on a run that broke the spirit of the Lady Vees.

Karen Vos summarized the game this way: "At half-time, John told us to relax and play better defence. We came out, and when UNB went on their run we didn't fight back. In the last ten minutes, we played really poorly; I don't know if it was because of fatigue, or a lack of heart.

"Being from the east, I knew the Reds would try to run the ball. That's what we try to do, so I had no idea that we would be beaten by eighteen," said Vos.

"If you take a look back [over the whole tournament], our team did well. Although we played poorly in

the semi-final, if Alberta could win, then we could have been the champs by beating them," she added.

Jennifer Chorney, playing in her last game as a Lady Vee, felt that LU should have done better as well. She said: "If you look at all the games in this tournament, they have all been very defensive. Our offense wasn't very good, and UNB was a big, strong team. They played us very physically, and we hadn't played that kind of game for a while. We were really outboarded.

"It was disappointing for it to end this way. I had really wanted to go out on a winning note. This weekend, we were really downplayed, even though we made it through Regina in the first round. We got no credit. I'm just glad that we finished fourth instead of on the consolation side," said Chorney.

As far as Chorney's future plans go, she stated: "I'm still coming back to finish school, and that will be my focus. I've made a lot of friends with basketball, and it will be tough to give it up. It was a huge decision not to play, but it will take a lot to change my mind."

Tanya Tatti, also playing her final game on Sunday, felt that the team was somewhat deflated. She said: "It was hard to play that game after losing on Friday. We played hard, but UNB had more desire. When we got way down in the second half, it was hard to get our motivation back up. I think that we are the better team, and if we played them again we would beat them."

Tanya Tatti was thankful for the many people who had helped her in her tenure at LU. "Both my parents were players, at Brock and

Guelph. They were happy to see me go on all these trips to the nationals. They gave me plenty of support and advice. I'm also going to miss LU and all the players I've played with. They've been like a family to me as well," she said.

Her future aspirations with basketball include coaching, and she is planning to go to teacher's college. "I'd like to go to Brock because it's an hour away, and I could stay at home. Western is only an hour away, so I could commute there. I would like to teach Phys Ed and Bio, and that way I could teach and coach at the same time. I would also enjoy the chance to play some other sports, like volleyball and soccer," Tatti added.

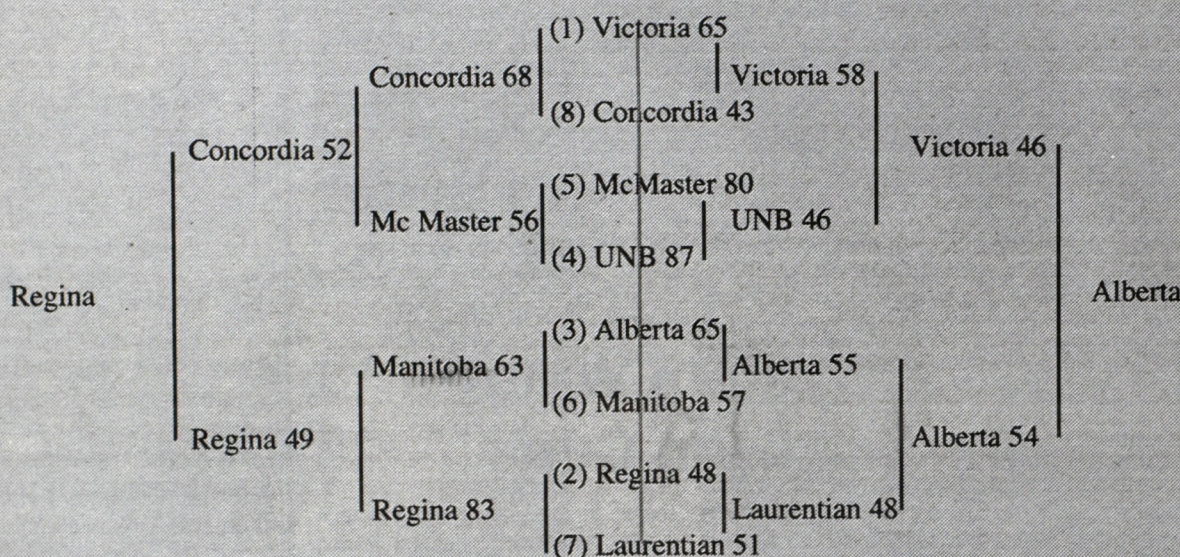
Well, hats off to the Lady Vees for a good season of basketball. Good luck to all of the returning players, and the departing veterans.

CIAU Basketball Flowchart

Consolation

Medal Rounds

Bronze Final



Lambda would like to thank
Greyhound Canada,
Travel Cuts and
Confederation College
for making coverage of the
CIAU tournament possible.

Lewis Robbed of Unified Heavy Weight Title

by Christian Mellin
Assistant Sports Editor

On Saturday March 13th, twenty-two thousand fans gathered at New York's Madison Square Gardens to watch the Heavy Weight Championship bout between American Evander Holyfield and Canadian Ex-patriot Lennox Lewis. The packed house, along with the millions of fans world-wide who were watching via pay-per-view, looked on as the two fighters slugged it out in the long awaited unification title fight.

The fight itself was everything it was built up to be. The two fighters battled hard and the match was very exciting. Lewis held the upper hand throughout the entire fight, patiently controlling the pace and landing more than twice the punches as Holyfield. By the fight's end most in attendance, along with the viewers at home, felt the decision would go to Lewis.

However that is not how the judges saw it, calling the fight a draw (tie). The fans booed loudly as the verdict was read, and once again fate was not kind to Lennox Lewis. Undoubtedly one of the top contenders in recent years, he has had to wait patiently while jailbird Mike Tyson got to fight Holyfield not once but twice.

Even the most adamant Holyfield supporters were forced to say that the judges' decisions were more than a little baffling. New York's Mayor Rudolph Giuliani called the verdict "a travesty", and the call by the British sports Minister was that "Lewis won the fight".

The Lewis camp is considering going to court to have the decision challenged. Lewis's manager Frank Maloney said "The eyes of the world were on New York City and fair play was not administered". He went on to add that he plans to write to the New York district attorney as well as the New York Athletic Commission, with the hope that they will be able to intervene.

A rematch has been ordered by three sanctioning boards to take place within the next six months; so hopefully Lewis will have his day. However, for that to be a reality The World Boxing Association, the World Boxing Council and the International Boxing Federation must work out a time as well as all the relevant money issues. Those were of course the major stumbling blocks that made the scheduling of the original match so difficult. As for now, Lennox Lewis is forced once again to wait for his shot at the world spotlight.

FANTASTIC
STUDENT
AIRFARES
ACROSS
CANADA!



More than
300,000
students
have used
this exclusive
Travel CUTS
product!

STUDENT CLASS™ AIRFARES

Travel CUTS' exclusive Student Class™ fares offer:

- the best rates with the most flexibility.
- confirmed seats on scheduled airlines.
- one-way or return, valid up to 1 year.
- low fees for date changes.
- no advance purchase (subject to availability).



THESE AIRFARES SELL OUT QUICKLY-
HURRY AND BOOK NOW!



TRAVEL CUTS
Plugged-in to Student Travel

Since 1969

New Student Centre, SCE-234, 673-1401
Owned and operated by the Canadian Federation of Students

Pandas Gobble Lady Vees

by Ryan Hanna
Sports Editor

The Lady Vees were within five in the dying minutes of this contest, but the University of Alberta Pandas were able to beat Laurentian 55-48 on Friday. The Lady Vees were led by Stephanie Desutter, who scored twelve points during the contest.

The Pandas, led by Second Team All-Canadian Jackie Simon, outrebounded Laurentian 41-21. This proved to be the difference for Alberta, and they used their size under the baskets to secure their win.

Alberta went on an early run, and the Pandas were up by twelve until the Lady Vees mounted a big comeback. Five quick LU points put them down by only seven, and Desutter knocked down two free throws after being fouled inside by Rania Burns, the Pandas' marquis forward.

During the ensuing Alberta possession, the Vees were able to force the ball away from the larger Alberta players. Karen Vos was fouled on the return play, and Alberta Coach Tix Baker called a time-out to stop the bleeding, and get control of the troops. On the inbound pass, Vos hit Conway, who was set up at the perimeter. Conway made the classic inside pass to Stephanie Harrison, who put the ball in for the Lady Vees.

Conway would have a chance to score a minute later, after being fouled by Erin Sanusky. Conway was unable to hit either free-throw,

but she would record an assist on the following Lady Vee possession. The play was set up by Vos, on another inbound pass to Conway. Again, it was Harrison under the net, with the good inside shot.

With Laurentian down by only one, Pandas Kim Wiley and Cathy Butlin both made stand up plays. Wiley would drive a heavy two points down the lane, and after Laurentian took the ball, Butlin stole it from Conway and scored two more.

Desutter would get back into the act on the following play, netting two for the Vees on a pass by Conway. Gillian Eccles had a chance to add two more for LU on the next play, after being fouled under the basket by Butlin. Alberta had gone in to bonus early, but Eccles couldn't capitalize.

In the next two minutes of play, there was no scoring, but some good chances by both teams. Finally, Desutter worked the ball outside to Vos, and they broke the scoring drought. Vos hit a much needed three after the pass from Desutter on the inside. This play was pivotal, because the Vees were now tied with the Pandas, and there were only two minutes left in the first half.

Alberta, not ready to be defeated by the underdog, opened up the scoring and finished 8-4 on the remainder of the half. With the score 32-28 at half-time, the Pandas would open up on the Lady Vees for the 55-48 finish.

Stephanie Harrison and Stephanie Desutter played well in the second half, but the Pandas were great off the glass and good transitionally,

and the Pandas outsized the Vees by three inches across the board. Jackie Simon, the 6'2" post, and her counterpart Rania Burns, a fifth year forward, dominated on the inside all game. These two were responsible for almost half of Alberta's superior rebounding. When you make the addition of Point Guard Cathy Butlin to the Panda offense, you get the balance of a fast break and a long shot. These factors killed Laurentian in the long run.

Jackie Simon was the U of A Player of the Game. She scored eighteen points, and played well inside. After the game, the fourth year business student from Sherwood Park, Alberta, made some comments about the game.

When asked about her team's slump in the first half, Simon said: "We just thought 'It's time to get down to business'. We struggled outside, and had a hard time dropping it in.

"We saw that they were playing a zone [defence], and its easier to play from the outside against a zone. We saw that there was no man to man coverage and we exploited it.

"In the first half, our outside shooting struggled, so in the second, we needed to keep putting shots up. In the end, they started to fall. It's the law of averages; if you shoot often enough, some will fall," Simon added.

A win by Alberta put them into Sunday's final against the Victoria Vikes. "It's definitely exciting," said Simon, "There are so many teams from U of A that go to the nationals, and it's been a long time since we've been to a final.

"I can't wait to play Victoria. We have such a rivalry, and we're such a close match. We match so well, and I think it will be a great game. The last time we played, in the Canada West Final, the score was 48-42. That was the same as the Great Plains' half-time score. It was a defensive battle; very low scoring," said Simon.

Alberta Coach Tix Baker also spoke about the trouble that Laurentian gave them in the first half: "They were rebounding well defensively, they were a good team and they did a good job in the first. We were in tough, and there was a long span where we weren't scoring. When we got into foul trouble, it wasn't pretty, no one shot well," said Baker.

"When they started doubling down on us that gave up some shots. We focused more on Harrison, and their scoring started to struggle," Baker added.

With regard to Victoria, Baker said: "This is our eighth meeting with Victoria, so that's significant. The CW final was a battle ... they really battled us and won. Our goal is to win

our first [national] final, and take home the *Bronze Baby*."

Stephanie Harrison had ten points during the matchup, and Stephanie Desutter had twelve. She was the LU Player of the Game. She described the game this way: "They knew Stephanie Harrison was an All-Canadian, so they doubled down on her. They are a big, strong, good team, and we didn't come out to play."

With the loss to Alberta, the Lady Vees were relegated to the bronze medal final, and a possibility for a third place finish. Desutter added: "We're still looking forward. We don't want to go home empty handed. For our pride, we can still prove we're a top notch team by getting the bronze."

Laurentian Coach John Campbell was despondent about his team's performance, saying: "Anytime you go 41-21 off the glass, you can expect to lose. They had more offensive rebounds than we had rebounds. We shot poorly from the line, and in the second, our offense totally broke down.

"We still have something to work for," added Campbell. "When you're seeded seventh going in, you still have to prove that you're better than that. We're disappointed, but we just have to regroup and start doing things the way we do."

Prieur Wins Bronze at CIAU Championships

by Ryan Hanna
Sports Editor

Aaron Prieur won a bronze medal at the CIAU Championships at McGill. His time of 2:25.36 was a new personal best, and he re-broke his own LU record. He also captured a new school record, held by Track Coach Rick Carleton, and set a new personal best in the fifteen-hundred meter race with a time of 3:45.33.

On Tuesday Prieur spoke about the meet. He said: "I feel good. It was a relief to have won the Bronze Medal, especially because the winner set a new CIAU record. If I would have run a 2:23, I would have run the race, it was a close race for me for second place. The guy who finished second beat me by only a shoulder."

The Men's four by eight-hundred meter relay team placed eighth at the meet with a time of 7:52.81. The team, comprised of John Thompson, Pat Hillman, Jason Lemire and Aaron Prieur had some slower splits than they would have liked.

When asked about this, Prieur said: "We were expecting a better time in the first split. When the race started, it broke into packs, and John got stuck behind the slower pack. He has run well in the past, and if he would have passed them, he would have been at least four seconds faster. We were expecting about two more

seconds from Jason Lemire. If we would have gotten it, we would have finished at least one spot better, maybe two spots."

Shane Rostati, the only other individual athlete from Laurentian finished eleventh in the long jump with a distance of 6.72 metres. Coach Carleton felt that his injury at the OUA Championships was the cause.

"It's too bad that at the end of the season, Shane still has more left in him. He would have qualified for the three-hundred at OU's. He would have had a good chance at the CIAU's", said Carleton.

As far as the relay team is concerned, Carleton added: "Part of the problem was the large field. With twelve teams on the line, it stretches out the field. We were also wide on a couple of exchanges, and that cost us some time. Maybe we were too pumped up, and that had an effect on some of the guys. Jason and Pat were both pumped, and came out a bit too fast."

As far as Prieur is concerned, Coach Carleton said: "I still have one year of CIAU eligibility left, and I may just come back to try and get my record back."

To this Aaron Prieur responded: "No way."

Thanks a lot Track Vees, and good luck to all the returning athletes.



Stephanie Desutter takes the ball inside for another Laurentian basket.

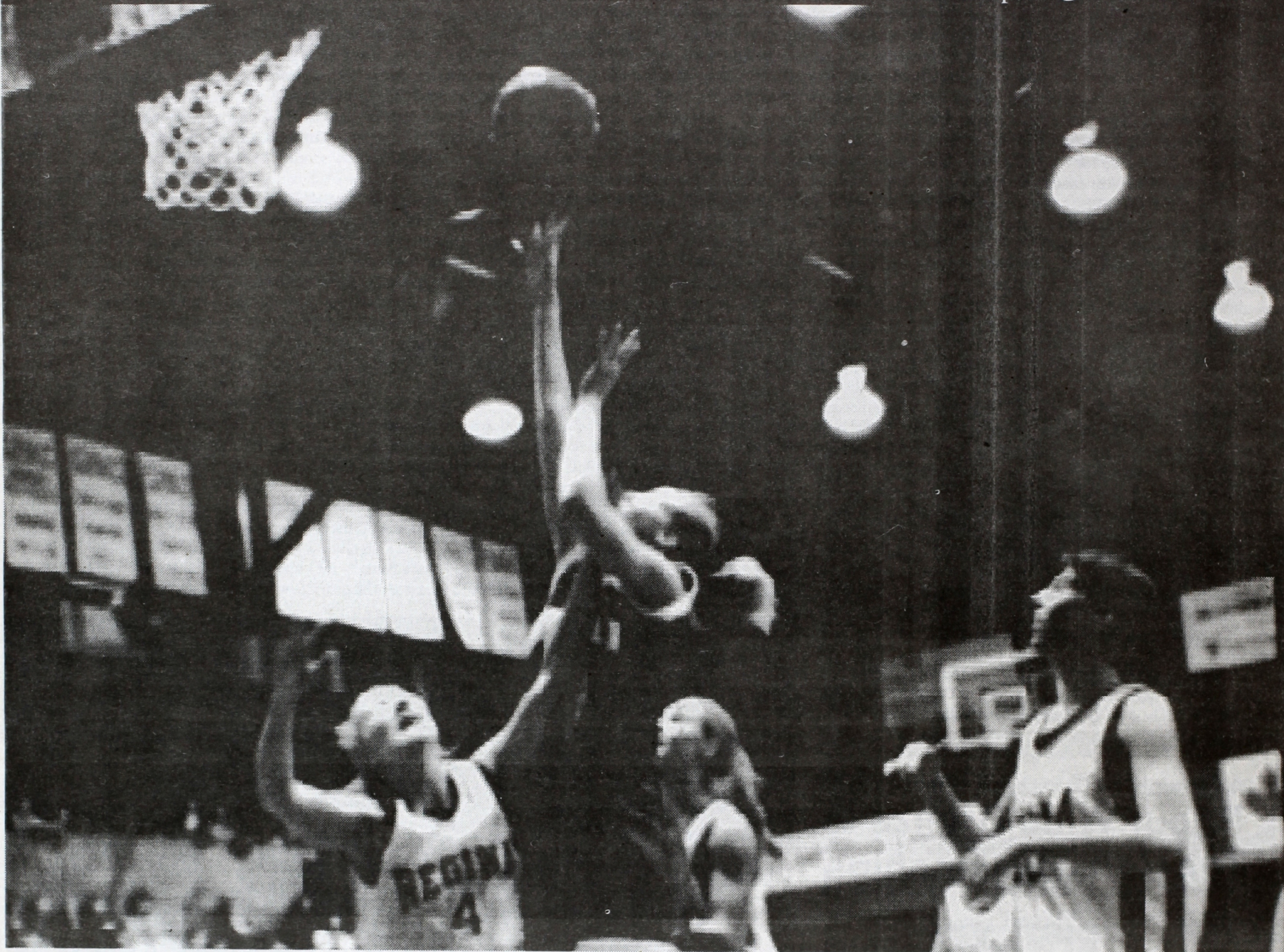


Lambda

Volume 37 - Issue 21 / Numéro 21

Sports

lambdapub@hotmail.com



Stephanie Harrison goes way up for a shot. With her superior height she was able to out-jump the Cougars.

Lady Vees Upset Regina

by Ryan Hanna
Sports Editor

The seventh seed Laurentian Lady Vees made their first appearance at the 1998-99 CIAU Women's Basketball Final a memorable one by upsetting the second seed Regina Cougars 51-48 on Thursday.

The Lady Vees were led by Stephanie Harrison, who scored sixteen points and three rebounds, and Karen Vos, who scored ten points and seven rebounds. Replying for the Cougars were Medorann Harris with ten points and five rebounds, and Bree Burgess with eight points and eight rebounds.

The lead was closely held by the Cougars throughout the game, but the Lady Vees would begin to close the gap late in the first half. The Cougars were up 22-13 against Laurentian when Stephanie Harrison scored a crucial basket. The ball came to her from Tanya Tatti.

Medorann Harris replied with

a bucket after a pass from Bree Burgess on the next play. Shauna Conway got a hold of the ball on the return and took a shot for three points. She missed, but Stephanie Desutter was there to take control of the rebound. She was fouled on her shot attempt by Becky Polley, and Desutter made both of her free-throws.

On the next play, it was Heather Dedman finding Corrin Wersta under the basket. Wersta drained two, but Clare Beatty answered back with two points after a Karen Vos pass on the following play. Vos then got the chance to make some points on the next LU possession, when she was fouled by Dedman after taking the shot. The shot was good, but the free-throw was not. Coach John Campbell then called a time-out, and the Vees were down by only five.

With less than three minutes to go, the Vees came out of the time-out, and took possession of the ball after a Cougar miss. The Vees worked the ball down the court, and inside to

Harrison. She then passed it back outside to Vos, who gave it to Tatti. She sunk a shot from three point land, and LU was down by only two.

Vos would score another quick two points on foul shots after she was nailed under the basket by Jasmine Weseen. Regina scored a final two points on a two on one break, and the score at half-time was 30-26 in favour of the Cougars.

What broke the game open in the second half was the perimeter play by the Vees. Tammy Kenzie added six points on long shots, and Vos scored her second three pointer. Additionally, the LU defence was excellent, holding All-Canadian Corrin Wersta to only six points on the night.

Stephanie Harrison, Laurentian's top scorer, was respectful to her western opponent. She said, "We tried not to put too much pressure on ourselves going into tonight's game. Regina was good, they're very athletic, and deep. I have to give them all the credit. They were strong inside

and they played the two on one a lot.

"We knew what they were like on the transition, so we sagged off of them a bit on defence, and this kept them in transition," said Harrison.

The win on Thursday advanced the Lady Vees to the semifinals against the University of Alberta. Harrison said, "Tomorrow we have to play our game. Tonight's win gives us a boost of confidence, and we just have to play the way we're used to tomorrow."

The LU Player of the Game was Karen Vos. She also had respect for the Cougars, saying: "We knew that they were very good on the attack, and that they could move the ball well. They were so athletic, and had really good positioning. We started to get more boards, and we kept the ball in transition. We opened up the game in the second.

"When we lost to Mac, we were coming here. We were overconfident, and moved the ball better here than we did last weekend. In a

way it was good to lose because it taught us that we have to play with heart."

For the upcoming game against Alberta, Vos seemed enthusiastic: "I'm excited, and I think that Red [Harrison] is excited to match up with a good post player."

Coach John Campbell agreed that the key to beating Alberta was winning in the post. Campbell said: "Their post player is good. We will have to neutralize her. They played a tough game with Manitoba, and all the teams that played here are good teams. That was reflected in the games today.

"Regina had balanced play from the post, and a solid perimeter. We created some turnovers on defence, and we were able to control the boards. That was the difference", said Campbell.

The Lady Vees would advance to play the number three seed University of Alberta Pandas. Alberta advanced to the semi-finals with a 65-57 win over the Manitoba Bisons.